

# WARE RIVER NEWS

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## Dangerous dog issue revisited

Demo permit for 114 Main St. pursued

By Eileen Kennedy  
Staff writer

WARE – The owner of a dog the SelectBoard had deemed dangerous in early April asked the board to reconsider its order to euthanize it should it be off the owner's property again.

On April 6, the board held a dangerous dog hearing regarding a dog owned by Keith McDonald and Jenafer Kularski, of Howard Street, after a neighbor, Julie Nicolliello, said their dog attacked her much smaller dog on March 17, and her dog died of an infection two days later.

The order from April 6 included a provision to euthanize the dog without a hearing if it was off the property again.

At Tuesday's meeting, Kularski said the dog actually belonged to McDonald. Neighbors reported the dog was unrestrained and taken for a walk by McDonald only a couple days after the April 6 hearing. Since the hearing, McDonald has also allegedly driven up and down Howard Street in the early hours of the morning, yelling from the window of his car, according to neighbors. Neighbors described the situation as "a ticking time bomb."

After talking to Kularski and her lawyer, John Anastasi, the board voted that the fence that the six-foot fence she has erected must have roof over it and the sides must be embedded two feet in the ground, as specified in the original order. They must also provide proof from their insurance company that their homeowners insurance covers McDonald for \$100,000 liability, and the dog must be muzzled and on a leash when it is off the property. If there is another incident of the dog being unrestrained off Kularski's property, there will be another hearing, and the board may vote to have the dog euthanized.

"We don't want to be the bad guys, but we will," said SelectBoard Chairman Keith Kruckas, about future issues. "If I was you, I'd get rid of the owner," Kruckas told Kularski, referring to McDonald.

Kruckas, SelectBoard Vice Chairman John Morrin and SelectBoard Clerk Tom Barnes said they are against euthanizing the

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This architectural rendering shows how the mill, located at 94 Main St., would look after redevelopment as Hardwick Mill Greenery. The Gilbertville mill complex would house a cannabis establishment as well as various other businesses.

## Redevelopment of mill proposed

By Paula Ouimette  
Staff Writer

HARDWICK – Representatives from the proposed cannabis establishment, Hardwick Mill Greenery, 94 Main St., Gilbertville, hosted a Community Outreach Meeting with residents, town officials and State Sen. Anne Gobi, D-Spencer. Hardwick Mill Greenery is seeking retail adult use, cultivation, manufacturing and transportation marijuana licensing with the town.

Attorney Brain Palmucci introduced principal owner George Lang, a real estate developer with 30 years of experience in the restaurant industry. Lang worked

his way up from a dishwasher to a restaurant owner and has spent the past seven years pursuing real estate development. He also introduced Dan LaFrance, a professional engineer from Fuss & O'Neill, who has worked on many historic sites, including 94 Main St. for a previous development plan, and David Wluka, Realtor and planning consultant, who is assisting with developing the business.

### Redevelopment plan

LaFrance showed images of the mill building when it was in its prime. "This is a very old property...we are looking to keep the

history of the building alive," he said. Their goal is to reuse what is already there in an adaptive way, LaFrance said. The gravel lot between the mill and the river will be used as a parking area with 43 parking spots, complete with landscaping and an overlook of the river.

The road will remain similar in design and traffic flow, with the North Street access being one way and the Main Street access being two way. There will be 20 overflow parking spots beyond the loading dock to the rear of the mill. ADA compliant parking will be located in front of the mill.

Please see **MILL**, page 5

## Town administrator resignation accepted

By Paula Ouimette  
Staff Writer

HARDWICK – The Hardwick Board of Selectmen met on Monday, May 3, at 6:30 p.m. via Zoom.

BOS Chair Kelly Kemp said she has attempted to reach out to Town Administrator Theresa Cofske several times since Cofske gave a verbal notice of resignation during a meeting on April 26. Kemp said she has not gotten any response and felt the board should "move forward," with appointing someone to an interim position.

Kemp said she has spoken with town counsel and was advised that Cofske's verbal resignation in a public, recorded meeting, was sufficient to be accepted by the board. The board approved a motion to accept Cofske's resignation given on April 26.

### Appointment of interim

BOS Vice-Chair Julie Quink said she would continue to help with the paying of bills and make sure they are up to date. Quink said she is working on getting a job description for the Town Administrator position.

Quink recommended having Lori Hoffman, clerk for the Police Department, take care of the warrants. Hoffman already manages the warrants for both the Police and Highway Departments. Quink said she

will have to verify with the town accountant, but she believes Hoffman can be paid from the Town Administrator's budget.

Hoffman said she would be willing to help as much as she could. The board approved a motion to appoint Hoffman to assist the board with interim administrative duties until a permanent town administrator is in place.

### Community Host Agreements

Planning Board Chair Harry Comerford said the town has three Community Host Agreements being reviewed at this time. Kemp said she is waiting to hear back from Adroit Manufacturing LLC after town counsel sent them a revised CHA.

Comerford said the impact fees the town could receive, which go up to 3%, from each proposed business may change in the future, as there is a current dispute in another municipality over the fairness of the fees. Kemp said town counsel did notify her that impact fees could possibly be reduced when the dispute is settled. Comerford said even if the impact fee were reduced in the future, the property tax benefit for a business such as Hardwick Greenery would still be significant to the town.

Kemp said both Budding Botanicals LLC and Hardwick

Please see **RESIGNATION**, page 11



Turley Publications staff photo by Paula Ouimette  
Donald and Maren Dunbar enjoy a puppet show in Grenville Park this past Monday.

## Project 351 ambassadors hold clothing drive

By Eileen Kennedy  
Staff writer

WARREN – Quaboag Regional Middle High School eighth-graders, Norah Schwenker, of Warren, and Parker Tunley, of West Brookfield, were chosen this year as Project 351 ambassadors for their towns to learn about community service and bring it back to their hometowns.

Project 351 is a statewide program, started by then Gov. Deval Patrick, as a way for students to find out how much can be done through community service and meet other students in the process. Before COVID-19, each student would head to Boston to hear speakers and take part in community service there on the weekend of Martin Luther King Day, before heading home.

Schwenker said they were sometimes broken up into smaller groups to talk about community service with other students, which she enjoyed.

Each student is picked by their schools and QRMHS Principal Steven Duff said the names of Schwenker and Tunley came up immediately when seventh and eighth-grade teachers were deciding on who the ambassadors should be this year.

Both students are strong in academics, have previously been involved in community service and are busy with sports and extracurricular activities, he said.

This year, due to COVID-19 safety precautions, the students

took part in multiple Zoom sessions where they learned about different types of community service, how to get organized to do it and how to spread the word so it successful, Tunley said.

Cradles to Crayons, a Boston-based nonprofit, helps with Project 351. It also gathers children's clothing and school supplies for low-income children.

Tunley and Parker are running a children's clothing drive beginning on May 10, which will go through May 21. There will be large boxes

at QRMHS, Warren Community Elementary School and West Brookfield Elementary School for people to place their donations. They are looking forward to having many residents donate the clothing and they're happy to be able to help those less fortunate than themselves.

"There are 70,000 eighth-graders in the state and 351 of them are selected to participate in this program," said Duff. "It's really an incredible honor and I'm so proud of both you."



Turley Publications staff photo by Eileen Kennedy  
Quaboag Regional Middle High School eighth-graders Norah Schwenker, left, of Warren, and Parker Tunley, of West Brookfield, were chosen as Project 351 ambassadors this year.

## Regionalization continues to be explored

By Eileen Kennedy  
Staff writer

WARREN – The Quaboag Regional School Committee met the last week of April with Warren, West Brookfield and North Brookfield officials and several parents to discuss the district's grant to explore regionalization. State Rep. Donnie Berthiaume, R-Spencer, also attended.

Originally the grant was to study regionalization with North Brookfield and East Brookfield/

Spencer, but Quaboag is now concentrating on North Brookfield.

Quaboag School Committee Chairman Andrew Schwenker also announced during the meeting that the North Brookfield School Regionalization Committee had chosen that evening to explore regionalization with Quaboag.

Schwenker said Quaboag's work must finish by June 30, and much of it is being done by MARS consulting group.

While potential costs savings will be explored, first it has to

make sense from a student standpoint, he said. The school district, along with North Brookfield School District, will be taking most of the next year to explore regionalizing, and the soonest a vote would be taken would be a year from now at Annual Town Meetings in both towns.

It would mean amending the current regionalization agreement between Warren and West Brookfield, which are the two

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# Proposed Warren furniture warehouse hearing continued

By Kimberly Palmucci  
Correspondent

WARREN – During its recent meeting on April 29, the Warren Planning Board held a public hearing regarding a request to change the use of a West Warren property from manufacturing to warehouse for a proposed furniture warehouse facility.

The property is located at 81 South St. in West Warren, which is in the Village and Mill Conversion Overlay District. The hearing was ultimately continued so that the board could review more information and hear input from the town’s Building Inspector Brenda J. Church.

The applicant has requested to change the use from manufacturing or industrial to warehouse and storage facility. The building is currently unoccupied, according to testimony during the hearing. Previously, the building was occupied by Hardwick Knitted Fabrics. According to David Shrair, of the Springfield-based Cooley Shrair law firm, who appeared at the meeting to represent the petitioner, the property was acquired by the petitioner in November of 2020. The premises are approximately 241,000 square feet and the proposed plans for the property, if approved, would be a warehouse for furniture, which would be delivered on pallets.

No external changes would be made to the building or the land, Shrair said, and five to 10 people would be working on the property daily. There would be approximately five deliveries per day of furniture to the warehouse.

Shrair added that the client had “extensive discussions” with the town’s prior building inspector and the town’s Fire Chief Adam Lavoie to ensure the building complies with code and the necessary town and state requirements, and have made adjustments to the fire alarm, security alarm, emergency exit lighting, and more.

The applicant has also provided the Fire Department with a copy of an inspection test that states the sprinkler system performed at 100%, Shrair said, adding he believes the premises “does comply” with the bylaw special permit, as it is appropriately located and suitable for the proposed use, and will not be a “nuisance or serious hazard” to vehicles or pedestrians.

The board asked a few questions prior to continuing the hearing, and it was stated that the Building Inspector, who did not appear to be present at the meeting, would need to review the plans.

Lavoie spoke briefly during the hearing and confirmed that he had conducted a site visit at the property and plans to do another one. He also confirmed that the applicant had gotten a full sprinkler test.

Ultimately, the hearing was continued until May 10.

# ArtWorks exhibition celebrates all creatures great and small

WARE – ArtWorks Gallery, 69 Main St., presents “Reigning Cats & Dogs,” an art exhibition on display from May 22 through June 27. Artists are sought to display their animal-themed works. All media and skill levels are welcome. The cost is \$20 per entry, with no commission taken (cash or card accepted, no checks please). People’s Choice Awards will be given.

Two-dimensional works should be no larger than 16-inches by 20-inches and must be wired to be hung. Three-dimensional works should be no larger than a pug-sized dog. Entries will be accepted by drop-off at the gallery on Friday, May 7, from 4-8 p.m. and Saturday, May 8 and Sunday, May 9 from 11 a.m. to 5 p.m.

An in-person artist’s reception will be held Saturday, May 22, from 3 to 7 p.m. Exhibition hours will be May 22 to June 27, on Fridays from 4 to 8 p.m., and Saturdays and Sundays from noon to 5 p.m.

For more information or people may visit [workshop13.org](http://workshop13.org) for a printable entry form or contact ArtWorks Gallery at [artworks@workshop13.org](mailto:artworks@workshop13.org) or 413-277-6072.

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Each week the Ware River News digs into its submitted photo archives and selects a people photo to publish. We need your help to help identify those pictured.

Email your answers by Monday at noon to [ekennedy@turley.com](mailto:ekennedy@turley.com).



Last week's photo featured teammates greet Chris Adams at the plaste following his grand slam home run in the recent Gateway game. This ran in the May 25, 1989 issue of the Ware River News.

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towns that make up the district. This would also happen at town meetings in both towns and North Brookfield.

One of the potential upsides to such a union could be creating a true middle school for students from all three towns in North Brookfield Junior Senior High School, according to Schwenker and Quaboag School Superintendent Brett Kustigian. By moving seventh and eighth graders from Quaboag, there would be more room at Quaboag Regional Middle High School for more programs for high schoolers, Schwenker said. “It could be a true middle school model,” he said.

Right now, QRMHS has a fire-fighting academy, two classes of a certified nursing assistant program and is developing an early childhood education program as it now has West Brookfield and Warren preschool programs combined at the school. The school will also have advanced manufacturing and already has metal and carpentry shops, along with CAD programming and CNC machining. There isn’t much room left to offer additional programs, Kustigian said, and moving out seventh and eighth-graders would provide more space.

It also provides an array of Advanced Placement classes in different subjects, he said. QRSD also offers Project the Lead Way STEM academics to students in kindergarten through sixth grade, which feeds into biological pathways beginning in seventh and eighth grade as they prepare for the high school grades. He also described QRMHS’s state-of-the-art media center, which has computers with many different type of software applications, maker spaces and computers on which an e-sports team practices and competes.

He also said the school fields many varsity and junior varsity teams in a variety of sports. “Cheerleading has just exploded in the last three or four years,” he said. And there are many extra-curricular activities at the school as well.

Schwenker said the point of regionalization would be to provide more options for students, and possibly save money in the process.

He said the committee will keep the communities informed about it finds out about regionalization.

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# School Committee passes fiscal 2022 budget

By Eileen Kennedy  
Staff writer

WARE – The Ware School Committee voted in the School District’s fiscal 2022 budget of \$16,244,436 million, which includes \$1,841,990 million in transportation after holding a public hearing on it during its April 28 meeting. No one from the public commented during the hearing.

At a previous meeting in April, School Superintendent Dr. Marlene DiLeo said the needs-based budget was a 3.7% increase over last year, with the town and schools proposals for the schools only \$81,446 apart. She said the School Department would be able to provide the difference.

At that time she said the budget would focus on creating new offerings in spite of a very uncertain situation for state-level support. She said an additional paraprofessional was needed at the Ware Junior Senior High School as well as a continuation of a part-time technology position that helps out with Project Lead the Way at the Ware Middle School, and an effort to protect what is already offered students, would be

the focus of the budget.

## Budget Subcommittee

A wish list for physical needs in the schools buildings from Building and Grounds Director Bill Deschamps and a list of technology needs will be forwarded to the School Committee’s Budget and Finance Subcommittee, according to School Committee Chairman Christopher Desjardins. Subcommittee members will go over the lists and make recommendations to the full School Committee at a future meeting.

## Back in school

DiLeo said all hybrid students were physically back in school, from kindergarten through 12th grade, five days a week. There are still 271 students learning remotely, she said, or about 24% of the students. She said the USDA has also continued waivers for student meals so all students get free meals from the school.

DiLeo said there was a small hiccup with busing on April 26 and 28, when First Student did not have enough drivers, and students had to be shifted onto other

buses. She said some bus company employees went away during spring break week and then had to quarantine after returning. She said the company, along with many others across the state, is looking for additional substitute drivers.

## Annual Town Meeting

The board approved a request from Town Clerk Nancy Talbot to hold the Annual Town Meeting and the Special Town Meeting on April 24, at 9 a.m., at the Ware Junior Senior High School. While a user fee will likely be waived, it will have to be determined how to pay for the fee of the school’s COVID-19 coordinator Thomas Shamgocian and the custodial and cleaning supplies costs for the event.

## Meetings

The board agreed to finish out the next four meetings of the School Committee, which are scheduled during the remainder of the school year, via Zoom, the video conferencing software. After that they will determine whether to hold in-person meetings.

# Cofske provides sewer update, resignation

By Paula Ouimette  
Staff writer

HARDWICK – Immediately following the joint meeting with the Finance Committee, the Hardwick Board of Selectmen went into their regular meeting on Monday, April 26.

## Sewer update

BOS Chair Kelly Kemp said she spoke with town counsel the previous week to start arranging a meeting between herself, Town Administrator Theresa Cofske, town counsel, Eagle Hill School Board of Trustees and their counsel. Kemp said town counsel suggested contacting RCAP Solutions to receive information about their review. Kemp sent an email to RCAP Solutions, which was “not looked on kindly,” by the USDA Director Jennifer Lerch.

Lerch contacted Kemp, stating that as the project is on hold, so is RCAP Solution. Kemp said town counsel reached out to Lerch, but as of the meeting time, Kemp had not heard anything more.

Cofske asked Kemp if the other board members and sewer commissioners had seen the email from Lerch. Kemp said she forwarded the email to BOS Vice-Chair Julie Quink and BOS member H. Robert Ruggles, who is also a Sewer Commissioner. Cofske recommended the board meet with the Board of Trustees during a BOS meeting. Cofske said they cannot negotiate; Eagle Hill School either accepts the offer or they do not.

Eagle Hills School Headmaster Dr. PJ McDonald said his concern is not about paying the sewer rate as much as it is being reclassified in the future. McDonald said they are classified as residential now, as

their students are legal residents of the town.

Cofske asked McDonald if he had located the original contracts the town had requested years ago. McDonald said the town should have received all of it at the time of the original project with Tighe and Bond. Cofske said they have invoices, but no contracts or change orders. Cofske said there may be language in those contracts that could assist Eagle Hill School in recouping some of their funds.

Quink asked Cofske to share the agreement the town has with Eagle Hill School, as she has not seen it. Cofske said she can email it to all board members.

Cofske said town counsel can draft the agreement and the board can call a BOS meeting with Eagle Hill School. Cofske said the longer it takes, the closer they come to losing the money from the USDA. The board agreed to have town counsel draft an agreement.

## Town Administrator resigns

Cofske said “I have enjoyed working for the town...had no idea what was going on or what the bigger picture was.” She said when she started in her position they had “serious issues,” including financial and infrastructure problems. “I never had the intent of upsetting Eagle Hill School or PJ McDonald. My only intent in doing my job was to bring the information forward, raise the red flag and say ‘hey, we’ve got to figure this out’,” Cofske said.

Cofske said the last several years have been devoted to securing these funds for the town in order to complete the sewer project, even working on weekends

to make sure deadlines were met. She said she has not received any support for her efforts and that tonight’s meeting was the first-time board members “spoke up” on her behalf after she was called a derogatory name by an unknown person.

Cofske said the board has allowed McDonald and others to degrade her, send “nasty emails,” and more. “I am a town employee, it shouldn’t be allowed,” she said. Cofske said town counsel has copies of all the emails she has received. Cofske said she has worked with “wonderful people” at the town hall, and she hopes the board will “reflect on all of the things that have transpired.”

Cofske said she is giving the board her resignation, with one reason being the toll this situation has taken on her personally. Cofske said she has vacation time accrued and she will finish working on a project for both highway and sewer. She said her resignation letter and documentation will be filed with the Town Clerk. A resident thanked Cofske for her hard work. Kemp asked Cofske if there was an effective date for her resignation and Cofske disconnected from the meeting.

Kemp said they will reach out to town counsel, as Cofske is a contracted employee. Quink said she wanted clarification on when Cofske’s resignation would be effective, and hopes Cofske will give the board a chance to sit with her. Quink said they need a clear direction on what is ahead of them.

## Annual Town Meeting

The board ratified a motion to hold the Annual Town Meeting on Saturday, June 19, at 9 a.m., at Hardwick Elementary School.

# Leaf and branches debris drop-off days for spring

WARE – The town will be accepting leaves, branches and vegetative debris from Ware yard and property clean-ups at the Robbins Road site.

Residents will not be required to get a permit for this drop-off and disposal, but the debris must be from Ware properties. It must be dropped off by property owners or contractors who have

been hired to clean Ware properties. Users should be prepared to provide identification that verifies that they are Ware citizens or working for Ware citizens.

The remianing dates will be Sunday, May 9, and Saturday, May 15, from 9 a.m. to 2 p.m.

Leaves and yard waste only will be accepted. Absolutely no trash or other items will be accept-

ed. The maximum size of branches is 12 inches in diameter, no exceptions. Residents are limited to two pick-up sized trailer loads per property address. Positive identification may be required.

All those dropping off debris must stay in their car and they must wear a mask.

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dog this time, despite the original order, as there was no attack during the time it was loose and it wasn’t the dog’s fault it was let out.

## 114 Main St.

The SelectBoard voted to start proceedings to get a demolition permit to pull down 114 Main St., which it deemed last year to be an unsafe structure. Town Counsel David Wojcik said it seemed as if there was movement by the owner, 114 Main St. LLC, to get demolition estimates for the building, but an agreement has not been made yet.

“I don’t think the town should hold up any longer,” said Wojcik. If the owner does get an estimate and signs a contract to pull it down, the demolition permit process can be switched over to them, he said.

MassDOT has told the town it will not finish the work on the Main Street redesign project in front of that building, and the contractor, Ludlow Construction, has told an electrical subcontractor not to put electrical boxes for the new traffic signal anywhere near 114 Main St. as they could become damaged when the building is demolished.

## Town Counsel

With Wojcik about to retire, the board heard from Lauren Goldberg, of KP Law, about the company’s services for town counsel. She said one person from the law firm is assigned to a client as town counsel, and would be part of a team of lawyers offering specialized services such as real estate and contract service. Rucksacks asked her to send the town a contract template to go over.

## Town Meeting

The SelectBoard approved the warrant for the Annual Town Meeting, which will be held on

May 24, at 7 p.m., at the Ware Junior Senior High School in the auditorium. The board will go over the warrant articles at their next meeting and decided whether to recommend them.

The board also voted 3-2 to keep the quorum to hold a town meeting at 100, with SelectBoard members Nancy Talbot and Caitlin McCarthy voting against it as they wanted to see a lower quorum. On April 24, the scheduled Special Town Meeting, to deal with the proposed water filtration plant, could not be held as the quorum wasn’t met. One of the items on the STM warrant is approving \$13.3 million for the proposed plant.

Kruckas, Morrin and Barnes said they weren’t comfortable lowering the quorum because millions of dollars of spending will be decided and at least 100 people should take part in those decisions. Talbot said lowering the quorum would allow the town to conduct its business, including setting the fiscal 2022 budget for the town. McCarthy said since people aren’t coming out to attend meetings she was in favor of lowering it.

The Special Town Meeting originally scheduled for April 24 will also be held on May 24 before the ATM, and the moderator will likely juggle the two meetings.

## Other business

The board amended the host community agreement with B’Laf Wellness Centre LLC to reflect its proposed location has changed from next to Nat Falk’s on Main St. to the former Ware Cafe building at 24 West Main St.

Town Manager Stuart Beckley said MassDOT reported they will be creating a new sidewalk at the bridge over the Ware River on East Street as it considers repairs to the unsafe sidewalk. The work must take place in the street and there will be a one-way light there to manage traffic. Trucks may be

detoured to Church Street for the duration.

Also, a design is being pursued and supplies are being gathered to fix the walkway at both ends of the East Street underpass.

The water line flushing program is ahead of schedule, in part because regular flushing for the last few years has made an impact and there isn’t as much to flush out, he said.

A Memorial Day Parade is being considered because on May 29, the state will allow parades at that point. It is still unclear how the ceremony in Veteran’s Park will proceed based on the numbers allowed to gather, he said.

Beckley said the last few days have brought lots of noise complaints about the Palmer Motorsports Park in Palmer. It is located on the top of Whiskey Hill and the noise seems to travel in all directions. He said the issue was in court Tuesday and expected to continue Wednesday, as Palmer has taken the race course to court. He said the judge might issue an injunction preventing it from operating until the noise issue is fixed.

The town is also working on re-opening the Senior Center as guidelines are changing around COVID-19. He said the Board of Health is looking at what limits should be put in place, particularly around group dining and other group activities.

He also said the demolition of the buildings at 13 and 15 Parker St., which the town owns, will occur in the next couple of weeks. The parcels will become a town parking lot.

The town has hired John Prenosil as its new conservation agent, he said. “He’s very steady, level-headed and knowledgeable,” he said

A meeting between Baystate Health officials, and town and state legislative leaders has been tentatively scheduled for May 17, he said.

# Gobi testifies in support of bills honoring dedicated civil servants

BOSTON – State Sen. Anne Gobi (D-Spencer), former chair of the Joint Committee on Environment, Natural Resources, and Agriculture, testified today before the committee on a pair of bills she has sponsored this session aimed at honoring individuals who dedicated their lives through service to the commonwealth.

“I was glad to offer my support for the passage of these bills,” Gobi said. “Les and Terry Campbell and Detective John Songy made a positive difference in Massachusetts and being able to honor them in a tangible way is something we should do.”

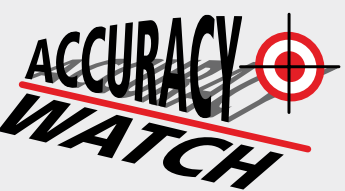
The first bill offered by the Senator and co-sponsored by State Rep. Susannah Whippis (I-Athol), S.544, would designate the Quabbin Visitor Center in Belchertown as the Les and Terry Campbell Quabbin Visitors Center. The Campbells

dedicated much of their lives to all aspects of the Quabbin and were instrumental in the founding of the visitors center that continues to bring educational benefits to the thousands of guests the wilderness reserve sees annually. Their lasting contributions to the region remain with the many conservation groups they founded and the people they touched, including the Friends of the Quabbin, Pioneer Valley Photographic Artists, and the Quabbin Photo Group, all of which preserve the memory and beauty of the Quabbin region for future generations.

The second bill the Senator spoke on today addressed designating a boat launch area in the town of Rutland as the Detective John D. Songy Boat Launch, recognizing the life of Rutland Police Detective John Songy, who tragically lost his battle

with COVID-19 in May of 2020. Songy was an eight-year veteran of the department who previously served with the Oakham police, and was such a staunch conservationist that in his spare time he could often be seen patrolling around the boat launch areas. Gobi spoke about how the boat launch dedication would serve to honor both his memory and that of other first responders who lost their lives during the pandemic, and encouraged the expeditious passage of both bills to honor the fallen during these difficult times. The bill has been co-sponsored by State Rep. Kim Ferguson (R-Holden), State Rep. David LeBouef (D-Worcester), and state Sen. Michael Moore (D-Milbury).

For more information on the legislation, please contact Gobi via email at Anne.Gobi@MASenate.gov.



The *Ware River News* will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 3. To request a correction, send information to [ekennedy@turley.com](mailto:ekennedy@turley.com), or call 967-3505. Corrections may also be requested in writing at: Ware River News, Attn: Editor, 80 Main St., Ware, MA 01082.

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EDITORIAL

Where are Ware’s voters?

On Saturday, April 24, Ware held a Special Town Meeting to make decisions about whether to go forward with a \$13.3 million water filtration plant that would help cut down on manganese and iron in the town’s water, which turns the water black and brown. The filtration plant would screen out the problematic minerals, although it would not eliminate sediment entirely.

Unfortunately, the quorum of 100 voters was not met and the meeting could not be held; it never started and folks made their way from the Ware Junior Senior High School football field to other activities. But they showed up, willing to make decisions on a very important project.

It seems slightly unbelievable in a town of about 10,000 people that only some 60 or so voters showed up to make decisions on a topic that remains constantly on peoples’ lips or maybe we should say fingertips.

Go to any Ware-related Facebook page and there will be strings of posts about how awful the water is, complete with photos of sinks, bathtubs and bottles full of water of varying, unappealing colors. Or photos of hot water heater filters that are entirely dark reddish brown. For all the complaining and outrage seen online it certainly doesn’t translate to civic action, which is necessary Ware to either move forward or stay where it is.

The town has held a number of forums in the past year so citizens could learn why the plant is needed and how much it will cost. They’ve shared how water rates will rise to pay the \$400,000-plus annual cost of borrowing the money for 40 years.

There are varying opinions about whether only water rate-payers should foot the bill, or if it should be a combination of water rates and money from the general fund. It also needs to be decided whether the 3% retail marijuana tax that comes straight to the town should be used, either partially or completely, to pay for it.

Complaining about the poor quality of Ware’s water on Facebook, no matter how many photos of brown water accompany them, will not solve the problem in any way except to allow Facebook participants to vent about town. People complain about being unwilling to bathe in it, cook with it or drink it. Many people with town water use bottled water for at least cooking and drinking.

Town officials have said the water meets all drinking water standards and the water quality report is on the Department of Public Works on the town website. A past presentation and other information about the proposed plant can be found at <https://tinyurl.com/7mx7v6hh>.

Yes, going to town meetings is sometimes an inconvenience, and with the beautiful weather on April 24, the temptation to do a million other things clearly presented itself to many of the town’s voters.

The good news is that the Special Town Meeting will likely be rescheduled for Monday, May 24, at Ware Town Hall, which is the same day the Annual Town Meeting will be held. The STM will likely be opened before the ATM, and Moderator Kathleen Coulombe will take it from there.

Here’s hoping many of the Facebook complainers will come to the STM in May, and help the town figure out what it can do, because complaints alone sure won’t do it.



@ Ware River News

The Garden Lady takes on various pests

Elaine, who gardens in Ware, wrote in with this question for the Garden Lady: “I have a problem with grubs and moles. In your article you said beer is effective on grubs. Would you please explain how to do this. My whole yard and vegetable garden is infested. Last year I found out my vegetables had grubs and mole tunnels. Do you have any suggestions on how to deal with moles also?”

Thanks for your question. Beer is an effective bait for slugs, but I have never heard of it used on grubs. Last year we had lots of rain, right around the time that my strawberries were turning red. Nothing is more disturbing than picking a strawberry and finding a slug burrowed inside! I set stale beer in a saucer, level with the surface of the soil. The slugs were lured in and drowned. I cleaned and refreshed the saucer every two or three days depending on how many slugs were there. Handpicking slugs also works well. Typically they feed in the early morning hours, so I would go out just after sunrise and drop the buggers into a yogurt container filled with soapy water. Other folks put down boards in the garden (they like to hide there) or use cantaloupe rinds face down where they’ll also congregate. Many can be disposed of easily and without too much yuck-factor.

As far as grubs go, I’ll recommend Milky Spore powder, a bacterium that the Japanese grub will ingest as it feeds in the lawn. The bacteria reproduce inside the grub’s gut and usually kill it in a week or two. As the grub

decomposes it will release even more bacteria, thereby killing even more grubs. So on and so forth. It may take a few years for populations of grubs to decrease but once in the soil the bacteria will last for years. Apply when the soil temperature reaches 65 degrees or more, during a period of active feeding in summer or early fall. Since grubs are a food source for moles, fewer grubs will likely cut down on mole populations as well. Less grubs may also mean fewer holes in the lawn from skunks who are looking for dinner. Milky

Spore is registered with the EPA and is reported safe for people, pets, wildlife, beneficials and the like. I hope this advice helps!

Orchard pests

Walter is a home orchardist and also has a question about pests. “I have pears, apples, plums and nectarine trees. How can I keep raccoons, possums, squirrels and skunks away from my fruit trees? When the trees mature, they raid the trees and take bites out of the apples and other fruit, and then leave the fruits on the ground with one or two bites in the fruits. Any advice would be truly appreciated.

How frustrating to wait for your fruit to mature, only to have it eaten. I consulted my favorite orchardist, Michael Phillips, by way of his book, “The Holistic Orchard,” to get some answers for you in terms of these pests and birds which might also be causing some of the havoc. One idea I thought that sounded interesting is blocking access to the trunk so that the animals can’t climb up. Wrapping the

ON THE GARDEN



Roberta McQuaid

HISTORY MATTERS

History Matters is a biweekly feature courtesy of The Grateful American Book Prize, which is given to children’s books that emphasize the importance of American history.

May 1 to May 15

By John Grimaldi and David Bruce Smith  
Guest columnists

On May 5, 1961, Navy Commander Alan Bartlett Shepard Jr. became the first American in space. It was just a 15-minute mission, memorable to the nation, but too late to outwit the competition. Soviet cosmonaut Yuri Gagarin astounded the world when he orbited the earth, once, in the Vistok 1.

Shepard’s Freedom 7 capsule, however, foreshadowed America’s dominance; less than a decade later, the Apollo 11 mission “silenced” the Russians, and catapulted Neil Armstrong, Edwin “Buzz” Aldrin, and Michael Collins to the moon.

Shepard was ranked fifth to walk the lunar surface after the Apollo 14 mission.

The Grateful American Book Prize recommends “Light This Candle: The Life and Times of Alan Shepard,” by Neal Thompson.

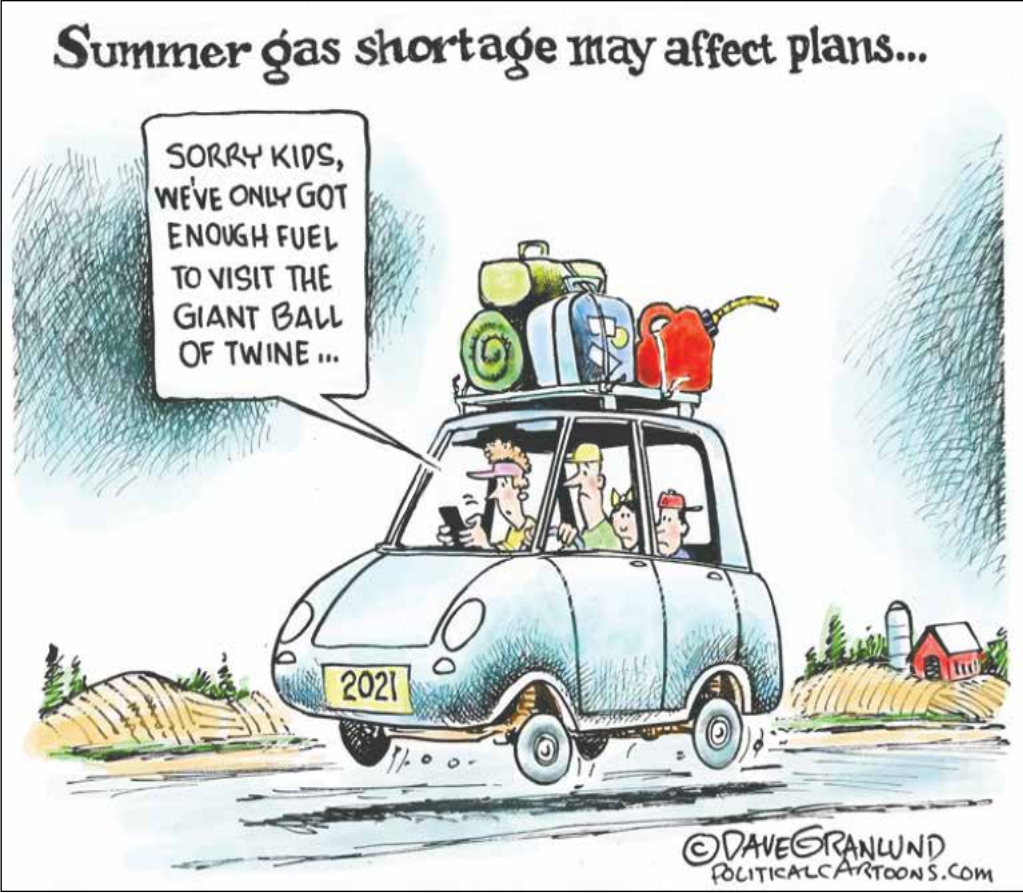
Transcontinental railroads

The American Revolution was an unexpected victory for the colonists. They won an immense land with a myriad of perks and perils, but the only way to traverse its complex vastness was to join a wagon train. It was a complicated and difficult crossing that many did not survive.

Then, on May 10, 1869, everything changed; two railroads completed the task of laying the tracks from “sea to shining sea.” The presidents of the Union Pacific and Central Pacific railroads met at Promontory, Utah to drive the last spike into the rails of the nation’s first transcontinental railway.

Seven years earlier, land grants and loans from Congress had equipped them with the fiscal flexibility to build, but according to History.com, “In their eagerness for land, the two lines built right past each other, and the final meeting place had to be renegotiated.”

To learn more about how the West was subdued, the Grateful American Book Prize recommends “Full Steam Ahead: The Race to



Build a Transcontinental Railroad,” by Rhoda Blumberg.

Lewis and Clark

In order to determine what it would require to mollify a newly acquired, unmasticated expanse of land, President Jefferson determined that a survey was imperative; he selected two explorers, Meriwether Lewis and William Clark, to manage the mission.

America was just over 21-years-old, but the Louisiana Purchase transaction suddenly added 828,000 acres, and the equivalent of approximately 15 states.

Lewis and Clark started their journey in St. Louis with 55 men on May 14, 1804.

According to History.com, “The expedition traveled up the Missouri River in a 55-foot-long keelboat and two smaller boats. In November, Toussaint Charbonneau, a

French-Canadian fur trader accompanied by his young Native American wife, Sacagawea, joined the expedition as an interpreter. The group wintered in present-day North Dakota before crossing into present-day Montana, where they first saw the Rocky Mountains.

They met up with the Shoshone Indians when they reached Colorado, crossed the Clearwater and Snake rivers in canoes, and followed the Columbia River to the Pacific Ocean on Nov. 8, 1805.

Two and a half years later, the expedition returned, in triumph, to St. Louis with 33 men. They had mapped out new lands and brought back journals about the Indian tribes they encountered; scientific notes of the flora and fauna they encountered, and a claim to the Oregon Territory.

For more information, the Grateful American Book Prize recommends “Sacajawea,” by Joseph Bruchac.

If it didn’t grow there, don’t throw it there!

By Julie Midura  
Correspondent

The greatest threat to our planet is the belief that someone else will save it.” — Robert Swan

Now that spring has arrived and more and more people are flooding to the wilderness to enjoy some much needed outdoor therapy, I would like to talk about one of the seven principles of Leave No Trace. Otherwise known as LNT, Leave No Trace is a set of principles designed to educate visitors to the outdoors on how to leave as minimal impact as possible on the land.

Although there are seven principles of LNT, this column will focus on the one that I believe is the most widely violated: “Dispose of Waste Properly.” This is otherwise known as “Carry in- Carry Out,” or simply, “Don’t litter.”

You remember. It’s what our mothers taught us when we were about 5-years-old.

Tom and I hiked 10 miles of trails last

weekend at the 1,200-acre Facing Rock Wilderness Area in our hometown of Ludlow, and we hauled out 19 pounds of trash. We picked up everything from beer cans, water bottles, and assorted wrappers to old buckets, scrap metal, and car parts. We still have miles and miles of trails to cover, and we plan to clean up every single one.

Why?

Because trash and litter in our outdoor spaces is unacceptable. We are blessed to have a beautiful wilderness area here in Ludlow, and it is our responsibility to keep it wild. The assortment of garbage on the trails not only detracts from the naturalness of an area, but can be extremely detrimental to the animals who live there and to the ecosystem itself.

If you spend time outside in nature, I urge you to research how long it takes for various items to break down in nature.

No, seriously... you can do it now. I’ll wait. Crazy, right?!

I thought the same thing when I researched it! Two years for a banana peel to decompose.

Over three years for a pistachio shell. Up to 200 years for an aluminum can, and 450 years for a water bottle! I don’t know about you, but the thought that my great-great-grandchildren will be looking at the same garbage that I’m looking at while enjoying time in the wilderness is not something that I can accept. And it makes no difference whether the garbage is “organic” or “artificial” — trash is trash, and it doesn’t belong in our sacred outdoor spaces.

I believe that it’s our responsibility to treat the wilderness the same way we treat our own homes. In all seriousness, when we’re at home and we finish eating an orange or drinking a beer, do we throw the peel or the can on the floor in our kitchens? Do we drop the empty potato chip bag on our lawn and leave it there after we have a barbecue in our backyard? Of course not.

Then why do we think it’s acceptable to do it when we’re in the woods?



Julie Midura with just some of the trash she and Tom collected in the Facing Rock Wilderness Area in Ludlow. The couple has many more miles of trails they plan to police.

WARE RIVER NEWS



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2021Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.





**HIKING** from page 4

When Tom and I see empty cans and bottles when we're hiking, we shake our heads in disbelief. We just can't understand how someone had the energy to carry it into the woods when it was full and weighed almost a pound, yet lacked the stamina to carry it back out once it was empty and weighed less than an ounce.

I ask each of you to please join Tom and I in our efforts to help clean up our outdoor spaces this spring by:

Carrying gloves and a plastic bag for the trash that you find while you're spending time outdoors.

Organizing a cleanup day at your local trail.

Sharing your knowledge about LNT with those around you, especially with your children.

We all need to be part of the solution.

We owe it to each other.

We owe it to those who will come after us.

And, we owe it to the natural places that many of us call home.

Peace, and hike on, friends!

Follow our hiking adventures on Instagram @ morethanthemountain.

**While cleaning up the Facing Rock Wilderness Area, Tom finds a more comfortable way to cart out some of the nearly 20 pounds of trash he and Julie collected.**

**MILL** from page 1

The mill will be divided into three primary buildings: Mill #1 is the back end and left side, which is the largest building with the peaked roof, closest to the river; the Carter Building, the right side of the mill bordering Gagne's Garage; and the Office Building, which faces the World War I veteran's memorial. The combined total square footage for all three buildings is 115,000.

Each building will be completely separated and sealed; the bridging would be removed between Mill #1 and the Carter Building. "Our main focus is to keep the historic look and aspects of the building, while at the same time reinvigorating them to be the economic engine they once were," Palmucci said.

The expected cost to redevelop the mill is \$5 million.

**Marijuana cultivation**

Palmucci said their plan includes 50,000 to 60,000 square feet of marijuana cultivation, or about half of the floor space in Mill #1. The building will be sealed, with the windows blacked out to prevent light pollution and odor issues. They will install an HVAC system to scrub the odors from the air, similar to a marijuana establishment located in Holyoke. Palmucci said the noise should not be an issue as cultivation operations do not produce excessive noise. Because the windows will be blacked out, no cannabis will be visible from the outside.

Wluka said they would like to drill a well on the property to provide water for agricultural use only. All other water uses would utilize the town's water system.

**Security**

People will need to be 21 years of age to enter the building with positive identification. All cannabis product and waste will be strictly accounted for and heavily regulated. Doors will be secured with electronic key entry. Staff must always wear IDs and will be granted different security access levels.

**Community Impact**

"We believe the project will have a significant positive impact on the community," Palmucci said. They proposed a 3% impact fee, which is the current state maximum, for the recreational cannabis and a 1% impact fee for the wholesale.

They will also hire local vendors and employees whenever possible. The Carter Building and Office Building will be available to be used for a variety of non-cannabis businesses. LaFrance said the Carter Building would be ideal to house a restaurant and the Office Building could be retail use that includes marijuana or other uses. This would open many business and employment opportunities in town.

Palmucci said they want several non-cannabis businesses in the complex. "It's still in the formation process," he said about the types of businesses that could use the space. "All facilities will be isolated from the cannabis area," he said.

**Boost to tourism**

Wluka said, "I'm very excited to be working on this project...this building is crying to be brought back to life." Wluka noted that undeveloped branch of

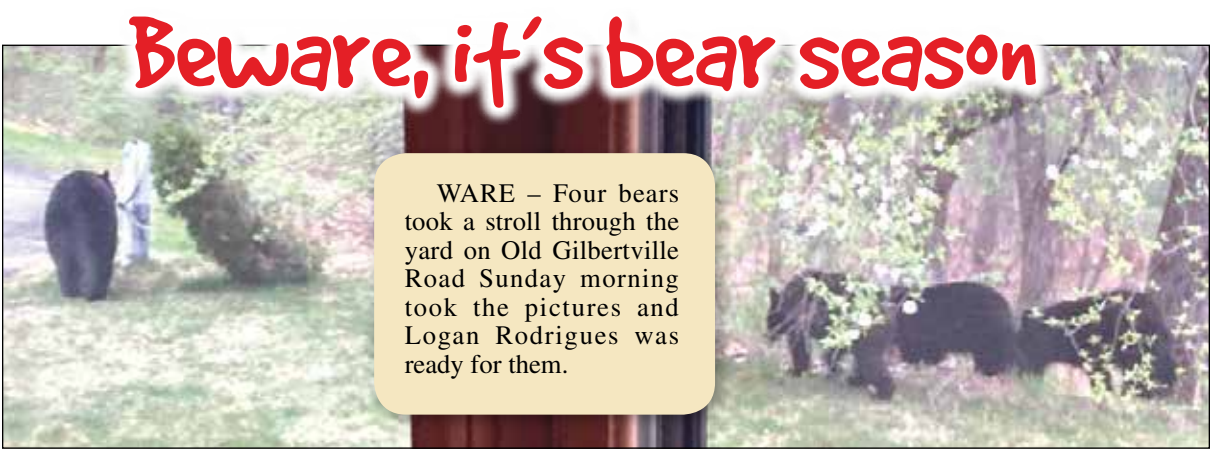
the Mass Central Rail Trail runs alongside the mill complex, and he hopes to establish that trail as a way to encourage more travel through the town, thus bringing more customers to businesses. Wluka said the mill offers "more building than we need for cannabis uses," and would make an ideal space for restaurants, shops, year-round farmers' markets, breweries, bakeries and more. He said local farmers growing hemp could have it processed at the mill.

**Energy conservation**

Palmucci said 70 to 80% of the cost to operate the proposed establishment is energy. They will be exploring adding solar to the roof to increase energy efficiency of the site. Lang said the Cannabis Control Commission recommends they use LED lighting, but they have not determined what type of light they will utilize yet.

**Community involvement**

Palmucci said, "this is the first step in a formal process." He said they want to hear from the community and know what ideas they have for uses of the space. "Mr. Lang wants it to be a successful joint effort...the best projects are the ones the communities are engaged in," Palmucci said, "I'm really excited to bring this to reality."



**All four of the bears on their way out of a backyard on Old Gilbertville Road.** Courtesy photos by Logan Rodrigues



**Three of the four bears exploring a backyard on Old Gilbertville Road.**



**Two of the four bears roaming a backyard on Old Gilbertville Road in Ware Sunday.**

**Leading a healthy lifestyle can help prevent stroke**

**Good nutrition and exercise are key**

**SPRINGFIELD** – The good news is that stroke – every year more than 795,000 Americans suffer an often-debilitating stroke – can be prevented by living a healthy lifestyle.

A stroke, sometimes called a brain attack, occurs when a blood clot blocks blood supply to part of the brain or when a blood vessel in the brain bursts. When the flow of blood is blocked, brain cells start to die within minutes because they can't get oxygen. This causes a stroke, which can result in lasting brain damage, long-term disability, or even death.

Among the healthy choices you can make to decrease your risk of stroke, which increases with age, is to eat a healthy diet.

"The results of a new study in the journal "Neurology" recommend stocking up on plant-based foods if you are looking to reduce stroke risk while also improving your cardiovascular health," said Dr. Sharjeel Panjwani, of the Department of Neurology at Baystate Medical Center.

According to the study co-author, Megu Baden, PhD, in the Department of Nutrition at the Harvard T.H. Chan School of Public Health, the benefits of these foods have been highlighted in other studies showing reduced risk of diabetes, some cancers, and cardiovascular disease, but this is one of the first to link this kind of diet to stroke prevention.

Among a long list of dark green leafy vegetables include beet greens, chard, Chinese cabbage, watercress, collard greens, kale, spinach, leaf lettuce, chicory, and romaine lettuce.

"Dark green veggies are low in calories, carbohydrates, sodium and cholesterol, but very rich in fiber. These nutrient-packed greens contain many vitamins and minerals, including iron, zinc, calcium, potassium, magnesium and vitamins A, K, C, E, and many of the B vitamins. Eating a diet rich in greens, as part of an overall healthy diet, may reduce risk for many diseases, including stroke," said Donna Martin, RD, clinical dietitian III, Food and Nutrition Services, Baystate Health.

She also noted diets high in saturated fats and trans fats have been

linked to stroke and related conditions, however, not all fat should be avoided and consuming some unsaturated fat from avocados, liquid olive and canola oil, nuts, and salmon is usually regarded as a healthy choice.

"The fats to limit are definitely the saturated and trans fats. The saturated fats are mainly found in foods that come from high fat meats and whole-fat dairy products, but they can also be found in fried foods and baked goods. Trans fats are produced when liquid oils are transformed into solid fats during food processing. In order to avoid trans fats, read food labels to determine the amount of trans fat in products, such as commercially baked cookies, crackers, pies and fried foods. Both saturated and trans fats can increase our LDL, the 'bad' cholesterol levels in our blood," said Martin.

Another lifestyle choice is to control your high blood pressure which is the number one controllable risk factor for stroke. Blood pressure is the pressure of blood pushing against the walls of your arteries, and high blood pressure, which nearly half of all Americans have, is when the force of blood is



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A little one approaches puppeteer Big Ryan and one of his puppet friends during a puppet show this week in Grenville Park.



Young Men's Library Association Children's Librarian Cathy Rezendes, at far left, gets into the spirits along with the kids and other adults.



Families had fun in Grenville Park listening to Big Ryan's 'Tall Tales.'

Turley Publications staff photos by Paula Ouimette

# 'TALL TALES'

come to life  
with puppets

By Paula Ouimette  
Staff Writer

WARE – Over a dozen children and their families enjoyed a sunny morning in Grenville Park this past Monday, listening to Big Ryan tell his Tall Tales with his canine puppet friends, Edgar and Uncle Charlie. Families each brought their own blanket to socially distance, and laughed and danced along with Big Ryan's enthusiastic storytelling. Children left the program with their own puppet making kit to take home.

Big Ryan has been a storyteller for over 20 years, hailing from the South Shore. His program incorporates the use of puppets, movement, and humor to hold the attention span of even the youngest child. This was Big Ryan's first in-person, live show since the pandemic hit last year.

This event was a joint effort by the Ware Family Center and the Young Men's Library Association. This program is supported in part by a grant from the Ware Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. The Ware Family Center would also like to thank the Parks and Recreation Commission for allowing them use of the park for this event, as well as for their weekly playgroups.

Ware Family Center Coordinators Lin Notzelman and Laurie Desjardins have been hosting weekly playgroups for children up to age 5 and their caregivers at Grenville Park on Mondays and Tuesdays from 11:15 a.m. to noon (weather permitting). For more information, people may visit the Ware Family Center Facebook page.



Families sat on their own blankets so they were socially distanced and could enjoy the puppet show.



Big Ryan with his canine puppets Edgar and Uncle Charlie.



Big Ryan entertained the families with his juggling skills in addition to his puppetry.



A youngster laughs at a puppet show in Grenville Park.

YOU'VE GOT TO BE A LITTLE

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# SPORTS

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## Tri-County legend Karl Oliveira passes away

By Gregory A. Scibelli  
gscibelli@turley.com

PALMER – With just a month to go before the season is set to begin, the Tri-County Baseball League, and the region at-large are mourning the loss of a league legend, as well as a Western Massachusetts Baseball Hall of Famer.

Karl Oliveira, who played in the Tri-County League for almost 40 years, passed away at the age of 57. When news of his passing began circulating last Monday, April 26, it was a shockwave throughout the entire Western Massachusetts baseball community, including his own team, and even his competition.

Oliveira's legacy in the Tri-County League began when he was just 17-years-old. He made the Fenton's of Amherst roster. He

moved around the league for 10 years before coming to agreement for the St. Joseph's Club to sponsor a Tri-County team, and St. Joseph was once again a part of the league after leaving it for nearly 20 years. Oliveira served as a player-manager for the team and became an active participant in the league's leadership, serving as the league's secretary for many years.

St. Joseph's has been a mainstay in the league since that time. Oliveira enjoyed the competition of the league as well as participating in other baseball in the region, including the Full Count League, which was eventually absorbed by Tri-County.

Following news of his passing, social media was flooded with comments from his teammates to his competition, one of them even

calling Oliveira the "Godfather of Western Mass. Baseball."

Oliveira's legendary status was confirmed just two years ago when he was inducted into the Western Mass. Baseball Hall of Fame.

While Oliveira at times had taken on a more reserve role, he still continued to actively play in games at the age of 55. He would often play first base or serve as a designated hitter for St. Joe's, continuing to play under the lights at the old field in Thorndike. He was set to participate in the 2021 season prior to his passing. Like many, the pandemic cancelled his 2020 season and he was itching to get back on the field.

"This is sad news," said Bill Bathel, who previously was a coach for DiFranco Realty. "Karl was a leader of the league, of a team, of

men, women, and children. And above all, a true and sincere friend."

Tommy Bouvier, a member of his top competition over the past decade PeoplesBank, said Karl was a great part of the league and someone he enjoyed playing against.

"It's a huge loss for the league and for the Town of Palmer," said Bouvier. "He was one of the most committed people I have ever met."

Oliveira's life was celebrated earlier this week.

"You are an inspiration to all baseball lovers," said Brian Hayes. "You live by simple rules, balls and strikes, fair or foul. I loved being your teammate and loved competing against you. For the past 20 years I've watched you share your greatness with us. Thank you, and thank you to your family for sharing."



Photo by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
Karl Oliveira, a Western Mass. Baseball Hall of Famer and longtime player-manager for St. Joe's of the Tri-County League, passed away last week at the age of 57.

### SPRING SPORTS RETURN



Angeline Morassiyellow fields a grounder.



Ava Theoclis catches the ball at second and pivots for a double play.



Jake Reithle winds back to make a long throw.



Brianna Beynor throws the ball back home.



Photos by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
Ashton Tebo makes a long catch with defense stick.

PALMER – After no action at all last year, Pathfinder spring sports began last week. Teams were in full practice mode with a quick turnaround to games beginning this week. The spring season will be played until the end of June.

### MIAA approves modified rules for wrestling

By Gregory A. Scibelli  
gscibelli@turley.com

REGION – Though it came down to the last minute, the Massachusetts Interscholastic Athletic Association has approved modifications for high school wrestling that will allow for competition to take place during the spring season.

Last Friday, the MIAA Board of Directors held a special meeting to approve modifications to the sport after the Office of Energy and Environmental Affairs officially cleared wrestling for Level 3 competition. Level 3 competition allows dual meets to take place.

Wrestling is normally a winter sport, so participation will ultimately be up to the individual schools. Some may or may not be participating due to numbers, especially with multiple sports going in the spring such as baseball, lacrosse, and track.

Like all other high school sports, the MIAA is requiring wrestlers to wear face masks to participate. Wrestling is one of the most close contact sports that is offered for high schoolers, and officials deferred allowing the sport to take place in the last possible high school season in order to allow the vaccination effort to gain traction.

Please see **MIAA**, page 8

### Sam Rameau takes win in Monadnock season opener



Submitted photo  
Sam Rameau won the Tri Track Open Modified series opener last Saturday afternoon at Monadnock Speedway.

WINCHESTER, N.H. — Sam Rameau dominated early, restarted deep in the field after a pit stop, drove to the front, made a pass for the lead, and rolled to Victory Lane. The Westminister, Massachusetts, native, and driver for Rameau Family Motorsports, was victorious in the season-opener for the Tri Track Open Modified Series presented by All Phases Renovations at Monadnock Speedway on Saturday, May 1.

In the Wonder Casino 100, Rameau made a late pass on Ron Silk to score the \$6,000 winning check — besting more than 30 cars that showed up to the Winchester, New Hampshire oval. Silk crossed the line second, with defending series champion Matt Hirschman third.

Rameau pitted from the lead, along with the rest of the field, during a caution period just after halfway. He restarted outside the top-15 and his chances of winning at that point appeared slim. But the rising Modified talent worked his way to the front.

"I was just going at my own pace early, and we came in and I'm not going to lie, I was really nervous over the radio," Rameau said. "With 40 laps to go, I said there was no way we were winning the race. The car just rolled the outside great. We all come here for the same reason. It's really cool. I just really can't thank my guys enough. They do a great job."

Two-time NASCAR Whelen Modified Tour champion Justin Bonsignore and Les Hinckley finished the top-five. Ben Byrne was sixth, followed by Woody Pitkat, Anthony Nocella, NASCAR Cup Series driver Ryan Preece and

Joey Cipriano III. Devin O'Connell advanced the most positions during the race, scoring the Green Construction, LLC Hard Charger award, worth \$500. Earlier in the day, Justin Bonsignore, Woody Pitkat, Earl Paules and Ben Byrne won heat races, scoring \$300 each courtesy of Pepsi and the Pepsi Challenge. Anthony Sesely and Brian Robie also scored \$300 each from Pepsi with consi race wins.

The Tri Track Open Modified Series returns to the track at Star Speedway in New Hampshire on Saturday, May 22. For more information on the Tri Track Open Modified Series, visit [tri-trackmodifieds.com](http://tri-trackmodifieds.com) and follow the series on social media.

#### THE FINISH:

Sam Rameau  
Ron Silk  
Matt Hirschman  
Chase Dowling  
Les Hinckley  
Ben Byrne  
Woody Pitkat  
Anthony Nocella  
Ryan Preece  
Joey Cipriano III  
Anthony Sesely  
Max Zachem  
Devin O'Connell  
Joel Monahan  
Chase Dowling  
Chris Pasteryak  
Kurt Vigeant  
Brian Robie  
Doug DiPisa  
Richard Savary  
Matt Swanson  
Matt Kimball  
Kirk Alexander  
Austin Kochenash  
Ronnie Williams  
Glen Reen

## Pioneers ready to get back on the pitch

By Tim Peterson  
Sports Correspondent

LUDLOW — After the 2020 soccer season was canceled due to the COVID-19 pandemic, the members of the Western Mass. Pioneers and the New England Mutiny are eager to start playing matches again at historic Lusitano Stadium.

"Everyone has been impacted by the pandemic during the past year," said Joe Ferrara Jr., the Pioneers first-year General Manager and the Mutiny Managing Director. "The players and coaches from both teams are itching to get back out on the pitch and play some soccer. It should be another exciting season."

The last time the Pioneers played a match at Lusitano Stadium was a 1-0 shutout victory versus Manhattan SC on July 6, 2019. They then wrapped up the

2019 regular season with a 2-1 win at Manhattan SC the following weekend.

The Pioneers, who finished in first place in the Northeast Division standings with an 11-0-3 mark in 2019, began the USL League Two playoffs by dispatching the North Carolina Fusion U23 squad, 3-1, in the Eastern Conference semifinals at Gurski Stadium in Reading, Pennsylvania. Their outstanding season came to an end twenty-four hours later following a 1-0 loss to Reading United AC in the Conference finals.

The Pioneers are scheduled to return to action for the first time in almost two years by hosting Fall River FC in a friendly at Lusitano Stadium at 7:30 p.m. on Friday night. No Spectators will be allowed to attend the preseason match.

Please see **PIONEERS**, page 8



Photo by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
Several defenders create a way to block a free kick. The season kicks off this week with an exhibition match.

The deadline for submissions for this sports section is the Monday before publication by noon.

To send in information, contact Sports Editor at 413-283-8393, send an e-mail to [sports@turley.com](mailto:sports@turley.com) or send it through the mail to: Turley Publications • c/o Sports Editor • 24 Water St., Palmer, MA 01069



public safety

Warren Police Log

|  |   |   |
|--|---|---|
| <b>Monday, April 26</b><br>8 a.m. Vandalism Church Street – Services Rendered<br>8:41 a.m. Vandalism Church Street – Services Rendered<br>10 a.m. Motor Vehicle Violation Church Street – Written Warning<br>11:03 a.m. Abandoned, 911 Call Williston Drive – Services Rendered<br>12:25 p.m. Ambulance Request Cummings Road – Services Rendered<br>1:29 p.m. Accident, Vehicle West Street – Motor Vehicle Accident Over \$1,000<br>6:17 p.m. Fire, Report Malboeuf Road – Referred to Other Agency<br>10:10 p.m. Ambulance Request Greenwich Plains Road – Referred to Other Agency   | 10:56 a.m. Ambulance Request Coffey Hill Road – Services Rendered<br>11:11 a.m. Abandoned, 911 Call West Street – Services Rendered<br>3:15 p.m. Ambulance Request Vernon Street – Services Rendered<br>3:38 p.m. Motor Vehicle Violation West Street – Criminal Complaint Issued<br>7:18 p.m. Abandoned, 911 Call Otis Avenue – Investigated, Report Filed<br>7:28 p.m. Shoplifting West Street – Investigated, Report Filed<br>10:10 p.m. Motor Vehicle Violation North Street – Criminal Complaint Issued<br>10:42 p.m. Ambulance Request Spring Street – Services Rendered  | 9:03 p.m. Motor Vehicle Violation Main Street – Written Warning<br>10:28 p.m. Motor Vehicle Violation West Main Street – Citation Issued  |
| <b>Tuesday, April 27</b><br>12:12 a.m. Accident, Vehicle Palmer Road – Referred to Other Agency<br>9:40 a.m. Motor Vehicle Violation Church Street – Written Warning<br>9:44 a.m. Accident, Vehicle West Main Street – Motor Vehicle Accident Over \$1,000<br>11 a.m. Ambulance Request Valley View – Services Rendered<br>11:04 a.m. Ambulance Request Vigeant Street – Services Rendered<br>11:17 a.m. Fraud North Street – Services Rendered<br>12:35 p.m. Motor Vehicle Violation West Street – Written Warning<br>12:39 p.m. Fire, Report Fisherdict Road – Services Rendered<br>12:55 p.m. Trash Dumping Complaint East Main Street – Services Rendered<br>4:27 p.m. Disturbance Webb Court – Investigated, Report Filed<br>4:30 p.m. Abandoned, 911 Call Sygiel Road – Services Rendered<br>10:33 p.m. Fire, Report West Street – Services Rendered | <b>Friday, April 30</b><br>11:29 a.m. Ambulance Request West Street – Services Rendered<br>12:21 p.m. Motor Vehicle Violation East Street – Written Warning<br>12:57 p.m. Ambulance Request Church Street – Services Rendered<br>2:03 p.m. Ambulance Request Monson Turnpike Road – Services Rendered<br>8:12 p.m. Ambulance Request Campbell Road – Referred to Other Agency<br>9:17 p.m. Motor Vehicle Violation Pulaski Street – Written Warning<br>10:36 p.m. Motor Vehicle Violation Belchertown Road – Written Warning  | <b>Monday, May 3</b><br>5:29 a.m. Fire, Report River Road – Services Rendered<br>8:21 a.m. Ambulance Request Vernon Street – Services Rendered<br>8:54 a.m. Alarm Burglar Main Street – Services Rendered<br>9:22 a.m. Trash Dumping Complaint Canal Street – Services Rendered<br>9:30 a.m. Ambulance Request Valley View – Services Rendered<br>11:01 a.m. Ambulance Request South Street – Services Rendered<br>11:05 a.m. Motor Vehicle Violation Church Street – Written Warning<br>12:16 p.m. Fire, Report Belchertown Road – Services Rendered<br>12:26 p.m. Ambulance Request Highland Street – Services Rendered<br>12:32 p.m. Ambulance Request Church Street – Services Rendered<br>1:11 p.m. Ambulance Request Church Street – Services Rendered<br>2:11 p.m. Accident, Vehicle Palmer Road – Services Rendered<br>4:06 p.m. Ambulance Request Lower Cove Road – Referred to Other Agency<br>4:49 p.m. Motor Vehicle Violation North Street – Written Warning<br>6:15 p.m. Motor Vehicle Violation East Court – Citation Issued<br>6:27 p.m. Motor Vehicle Violation West Street – Written Warning<br>8:34 p.m. Motor Vehicle Violation West Street – Written Warning<br>8:50 p.m. Larceny, Theft Report Belchertown Road – Services Rendered<br>8:57 p.m. Larceny, Theft Report North Street – Investigated, Report Filed<br>11 p.m. Motor Vehicle Violation West Street – Written Warning |
| <b>Wednesday, April 28</b><br>4:18 a.m. Ambulance Request West Main Street – Services Rendered<br>10:59 a.m. Accident (Hit and Run) Aspen Court – Motor Vehicle Accident Over \$1,000<br>11:24 a.m. Ambulance Request Valley View – Services Rendered<br>1:31 p.m. Ambulance Request Vernon Street – Services Rendered<br>4:54 p.m. Ambulance Request West Street – Referred to Other Agency<br>11:07 p.m. Fire, Report North Street – Services Rendered   | <b>Saturday, May 1</b><br>12:32 a.m. Motor Vehicle Violation East Street – Citation Issued<br>1:18 a.m. Ambulance Request Sherman Hill Road – Services Rendered<br>2:20 a.m. Motor Vehicle Violation West Street – Written Warning<br>4:44 a.m. Motor Vehicle Violation West Street – Citation Issued   | <b>Tuesday, May 4</b><br>4:25 a.m. Ambulance Request West Main Street – Referred to Other Agency<br>4:29 a.m. Motor Vehicle Theft West Main Street – Services Rendered<br>5:51 a.m. Motor Vehicle Violation West Main Street – Written Warning<br>6:57 a.m. Motor Vehicle Violation West Warren Road – Written Warning<br>7:14 a.m. Accident (Hit and Run) Upper Church Street – Services Rendered<br>7:37 a.m. Ambulance Request Aspen Street – Referred to Other Agency<br>9:39 a.m. Accident, Vehicle Upper Church Street – Services Rendered<br>9:48 a.m. Ambulance Request Maple Street – Services Rendered  |
| <b>Thursday, April 29</b><br>1:10 a.m. Ambulance Request South Street – Services Rendered<br>2:53 a.m. Ambulance Request West Main Street – Referred to Other Agency<br>4:28 a.m. Ambulance Request Highland Village – Referred to Other Agency<br>8:13 a.m. Ambulance Request School Street – Services Rendered   | <b>Sunday, May 2</b><br>2:19 a.m. Ambulance Request Coffey Hill Road – Referred to Other Agency<br>2:47 a.m. Ambulance Request School Street – Referred to Other Agency<br>7:14 a.m. Ambulance Request West Street – Referred to Other Agency<br>9:59 a.m. Ambulance Request Malboeuf Road – Referred to Other Agency<br>10:20 a.m. Ambulance Request Monson Turnpike Road – Referred to Other Agency<br>11:55 a.m. Motor Vehicle Violation Church Street – Written Warning<br>11:56 a.m. Fire, Report Greenwich Road – Referred to Other Agency<br>3 p.m. Motor Vehicle Violation East Main Street – Written Warning<br>8:32 p.m. Ambulance Request Willow Street – Referred to Other Agency |   |

Warren Police Log

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|---|---|
| <b>Sunday, April 25</b><br>2:29 p.m. Motor Vehicle Stop Southbridge Road – Written Warning  | Main Street – Written Warning   |
| <b>Monday, April 26</b><br>6:32 a.m. Gunshots East Road – Investigated<br>9 a.m. Motor Vehicle Collision/Fire Coy Hill Road – Vehicle Towed<br>12:27 p.m. Motor Vehicle Stop Southbridge Road – Citation Issued<br>5:38 p.m. Motor Vehicle Stop Southbridge Road – Citation Issued  | <b>Thursday, April 29</b><br>1:39 a.m. Diabetic Yankee Drummer Drive – Refused Service  |
| <b>Tuesday, April 27</b><br>5:21 a.m. Motor Vehicle Stop Main Street – Written Warning<br>5:37 a.m. Motor Vehicle Stop Main Street – Written Warning<br>8:18 a.m. Motor Vehicle Stop Southbridge Road – Citation Issued   | <b>Friday, April 30</b><br>1:28 p.m. Motor Vehicle Stop Southbridge Road – Written Warning<br>1:41 p.m. Motor Vehicle Stop Southbridge Road – Written Warning<br>4:06 p.m. Motor Vehicle Collision/Fire Main Street – Ambulance Signed Refusal<br>5:21 p.m. Motor Vehicle Stop Old West Brookfield Road – Prisoner Bailed<br>Arrest: Christopher J. Robinson, 30, New Braintree<br>Fugitive from Justice on Court Warrant |
| <b>Wednesday, April 28</b><br>5:04 p.m. Motor Vehicle Stop Main Street – Written Warning<br>11:56 a.m. Motor Vehicle Stop Southbridge Road – Written Warning<br>2:40 p.m. Motor Vehicle Stop Main Street – Citation Issued<br>5:39 a.m. Motor Vehicle Stop Southbridge Road – Citation Issued<br>7:07 p.m. Motor Vehicle Stop | <b>Saturday, May 1</b><br>10:27 a.m. Motor Vehicle Stop Southbridge Road – Citation Issued<br>2:12 p.m. Follow-up Investigation Southbridge Road – Services Rendered<br>Summons: Serena M. Smith, 40, Warren<br>Forgery, Signature; Identity Fraud; Drug, Obtain by Fraud<br>4:08 p.m. Brush and Wildland   |

Editor’s Note: People in this country are presumed to be innocent until found guilty in a court of law. Police provide us with the information you read on this page as public record information. If you or any suspect listed here is found not guilty or has charges dropped or reduced, we will gladly print that information as a follow-up upon being presented with documented proof of the court’s final disposition.

New Braintree Police Log

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| <i>During the weeks of April 27 to May 3, the Hardwick/New Braintree Police Department responded to 15 building/property checks, 22 directed/area patrols, eight radar assignments, nine traffic controls, three emergency 911 calls, two motor vehicle stop, two animal calls, nine traffic controls and two safety hazards in the town of New Braintree.</i> | <b>Tuesday, April 27</b><br>5:43 p.m. 911 – Medical Emergency McKay Road – Transported to Hospital   | <b>Saturday, May 1</b><br>1:44 p.m. 911 – Medical Emergency Padre Road – Transported to Hospital<br>2:11 p.m. 911 – Animal Call Hardwick Road – Negative Contact<br>6 p.m. Phone – Safety Hazard Mara Road – Taken/Referred to Other Agency<br>7:35 p.m. Phone – Complaint Bernard Whitney Road – Spoken To |
|  | <b>Friday, April 30</b><br>3:17 p.m. Initiated – Suspicious Activity Memorial Drive – Officer Handled<br>8:46 p.m. Radio – Safety Hazard Hardwick Road – Taken/ Referred to Other Agency |   |

Hardwick Police Log

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|---|--|---|
| <i>During the weeks of April 26 to May 3, the Hardwick/New Braintree Police Department responded to 75 building/property checks, 17 directed/area patrols, 10 radar assignments, nine traffic controls, seven emergency 911 calls, six motor vehicle stops, three safety hazards, one larceny/theft/shoplifting, one complaint and one animal call in the town of Hardwick.</i> | <b>Tuesday, April 27</b><br>7:45 p.m. 911 – Lockout Church Lane – Officer Handled  | <b>Friday, April 30</b><br>11:51 a.m. 911 – Misdial Petersham Road – Spoken To<br>3:59 p.m. Phone – Welfare Check Petersham Road – Transported to Hospital<br>7:16 p.m. Phone – Safety Hazard Lower Road – Taken/ Referred to Other Agency<br>7:32 p.m. Phone – Safety Hazard Old Greenwich Plains Road – Taken/Referred to Other Agency<br>8 p.m. Radio – Safety Hazard Greenwich Road – Merge |
|   | <b>Wednesday, April 28</b><br>1:32 a.m. 911 – Medical Emergency Mechanic Street – Transported to Hospital<br>7:54 p.m. 911 – Fire Alarm Barre Road – Services Rendered   | <b>Saturday, May 1</b><br>4:07 p.m. 911 – Misdial Barre Road – No Action Required<br>9:20 p.m. Phone – Medical Alarm Main Street – Transported to Hospital  |
| <b>Monday, April 26</b><br>3:47 p.m. Initiated – Motor Vehicle Stop Lower Road – Citation Issued<br>4:47 p.m. Phone – Complaint Mechanic Street – Unknown Outcome<br>4:56 p.m. Phone – Serve Warrant Turkey Street – Arrest(s) Made   | <b>Thursday, April 29</b><br>10:54 a.m. Phone – Larceny/ Theft/Shoplifting Church Lane – Report Taken<br>7 p.m. 911 – Disturbance Main Street – Arrest(s) Made<br>9:13 p.m. 911 – Misdial Chagnon Road – Services Rendered |   |

PIONEERS from page 7

There is a very good chance many of the Pioneers faithful supporters will be able to attend the first home match of the regular season against the Seacoast United Phantoms on May 21. A new state guideline which goes into effect on May 10, will increase the capacity from 12% to 25% at all indoor and outdoor stadiums in Massachusetts.

“We’re currently working with the Ludlow Board of Health on the situation, but we’re really hoping to welcome our fans back to the stadium at some point this season,” Ferrara said. “We want everyone to feel safe at our matches. I feel like our safety protocols are second to none. Sports have always been an important part of our community.”

All of the Pioneers home matches this season are scheduled to start at 7:30 p.m. Their other six home matches will be against FC Malaga City (June 4), AC Connecticut (June 11), Black Rock FC (June 18), Boston Bolts (June 26), AC Connecticut (July 2), and Black Rock FC (July 9).

For more information about how to purchase tickets online please visit wmpioneers.com.

Federico Molinari, who’s a former Pioneers player, returns as the head coach. “Federico and his players did a tremendous job winning the conference title in 2019,” Ferrara said. “Federico and I have been working very well together during the offseason. He has a passion for the game of soccer. He also has a lot of international contacts.”

The Pioneers assistant coaches are Dennis Gomes, Jay Willis, and John



Photo by David Henry www.sweetdogphotos.com  
Micah Umeh sends a shot away during a 2019 playoff.

Voight.

A couple of returning Pioneers players are Guillermo Deal, Blake Mullen, Connor Hicks, and Maxi Viera, who’s the girls’ varsity soccer coach at Ludlow High School.

Viera and Deal were two of the nine players from Uruguay listed on the Pioneers 2019 roster. There were also players from France, Spain, and Argentina, which is Molinari’s home country.

“We do have a lot of international players on this year’s roster,” Ferrara said. “A

couple of the foreign players are members of a college soccer team in the United States. Some of them are looking for professional opportunities.”

Mullen, who’s from Manchester, Connecticut, was the Pioneers starting goalkeeper in 2019. He only allowed seven goals during the regular season and was selected to the All-League team. He also received the USL League Two Golden Glove Award.

Back in 2016, Hicks, who graduated from Monson High School, scored the game winning goal in overtime against Cohasset in the Division 4 state championship match. Hicks is also a member of the AIC men’s soccer team.

The Mutiny played their home matches at several different high school in Western Massachusetts, before moving to Lusitano Stadium in 2019.

“The Mutiny had a great first season at Lusitano Stadium two years ago,” Ferrara said. “We also had great weather for all of our home games, which helped bring even more fans to our games.”

The Mutiny, who celebrated their 20<sup>th</sup> season in 2019, finished the regular season with an 8-0-2 record.

Just like the Pioneers, the Mutiny finished in first place in the league standings and advanced into the Eastern Conference finals of the United Women’s Soccer league.

After defeating the Long Island Rough Riders, 3-0, at home in the semifinals, the Mutiny’s outstanding season come to an end following a 2-1 loss to the Lancaster Inferno at the stadium two days later.

Jeb Booth returns as the Mutiny head coach following a very successful first season at the helm.

“Jeb is an outstanding soccer coach, and he loves coaching this team,” Ferrara said. “All of the players respect him.”

Matt Johnson, who coached the AIC women’s soccer team for nine seasons and is the first-year head women’s soccer coach at Franklin Pierce, will be an assistant coach for the Mutiny this season.

While the Pioneers roster is made up of mostly international players, most of the Mutiny players are from Western Massachusetts.

“The talent pool has been rich in this area during the past couple of seasons,” Ferrara said. “We have players from ten different communities in Western Mass.”

A few of the local Mutiny players are Jocelyn Trajkovski (Ludlow), Trystin Burger (Granby), Kayla Henry (Belchertown), Hope Santaniello (Agawam), Laura Gouvin (Monson), Alexis Legowski (South Hadley), Lily Fabian (Monson), Brooke Murphy (Monson), Nissa Pereira (Ludlow) and Ela Kopec (Ludlow).

The Mutiny home opener is scheduled to be against the Scorpions SC, who are a first-year team from the Boston area, on May 15.

Their other home matches, which will all begin at 7 p.m., are against CT Rush (May 22), NJ Copa FC (June 5), Syracuse DA (June 19), and the L.I. Rough Riders (July 10).

If fans are allowed to attend soccer matches at Lusitano Stadium this season, it’ll be a good sign that things are finally getting back to normal again. The home fans also help energize both the Pioneers and Mutiny players.

MIAA from page 7

Among the highlighted rules for high school wrestling, masks are not only required for the participants, but all those involved, including coaches, facility personnel, and officials. Spectators will also likely be allowed in a limited capacity with indoor gathering numbers of the increase beginning on May 10.

While many wrestlers are used to participating in large tournaments on the weekend, that will not be the case. There also will not be any dual meet tournaments. Only team versus team duals meets are allowed during the spring season, and at the most, three teams are allowed to participate in a given event.

Weigh-ins are a big part of the sport. The MIAA is encouraging each school to hold morning weigh-ins with no additional weigh-ins prior to the meet. A rule allowing the plus-three at night will not be allowed for the modified season.

Another big part of the wrestling season will be the possibility of competition taking place in the open air. Schools participating in the wrestling season are being encouraged to hold meets outdoors.

There are only a few major match modifications that have been put in place. There will be frequent sanitization of mats and for participants. Referees will need to stop matches in instances where protective ear guards come off. There will be no handshakes before, and after matches. The referee will also only point to winners instead of raising their hands.

Competitions for all spring sports, including wrestling, were set to start this week.



# Quabbin School Committee votes new budget

Figure includes use of reserves, 1.7% increase

By Ellenor Downer  
Staff Writer

BARRE – The Quabbin Regional School District Committee listened to a presentation about changes to the fiscal 2022 budget at its April 27 meeting..

Director of Administrative Services Cheryl Duval said there were budget changes since the public hearing March 15. When the superintendent and staff built the fiscal 2022 budget, they assumed there would be three modes of education: remote, hybrid and in person. Since then the Department of Elementary and Secondary Education determined all students would return to the classroom for the 2021/2022 school year.

School Superintendent Sheila Muir discussed the plan for next school year due to DESE changes. She anticipated returning to the normal school day with typical lunch periods. Teachers now devoted to teaching remote learning would be teaching in person. Sixth-graders would remain at the middle school for one additional year. Classroom staffing would increase to support students' social, emotional, behavior and academic needs. The superin-

tendent planned to fund through Elementary Secondary School Emergency Relief I monies new staff including a board certified analyst and behavior assistants, elementary social worker, intervention programming at the middle school, a middle/high school literacy coach, two technology integration specialists and restoration of the middle school therapeutic classroom. Pre-school would also be offered at each of the elementary schools.

Duval presented the School Committee with a request to use unencumbered funds from this year of about \$1 million to cover the retired teachers health benefit costs next year. The unencumbered figure was due in part to a reduction in transportation as there were fewer school days with hybrid learning of sixth, middle and high school students and a reduction in special education transportation. Water and sewer bills were lower as students were not in school as much.

The new budget number presented of \$35,589,974 was a 1.7% increase over last year and included the use of school reserves. Assessments dropped for four of the five-member towns. Barre went from a 3.6% assessment to a 1.97% and Hubbardston changed from 4.31% to 3.48%. New Braintree went from -2.07% to -.53% and Oakham changed from 3.8% to 3.14%. Hardwick was the only town with an increase in its assessment due to

higher enrollment numbers. It went from 1.59% to 4.35%.

### MCAS testing

Muir said DESE opted to hold Massachusetts Comprehensive Assessment System testing for this school year. It was not held last year due to the COVID pandemic. MCAS tests will take place in May and June. She said students in grades 9 and 10 would test in person only. Students in grades 3-8 would have a remote testing option.

Middle/High School Principal Greg Devine said he believed all seniors met the graduation requirements. The district was still waiting for the state Board of Education to change school and district accountability practices. Muir said she was concerned about participation in the testing on remote students, and said there were still just under 12% of students participating 100% remotely.

New close contact guidelines

The superintendent said the Executive Office of Health and Human Services, DESE and the Governor's Medical Advisory Board set new close contact guidelines. Quarantine would not be required when individuals have been between three and six feet in a classroom or school bus with a positive COVID student when both students wore a mask. They just need to be notified. Close conduct was defined as anyone within six feet of a COVID positive individual for 15 minutes or more in a 24-hour period.

## STCC announces registration for summer, fall classes

SPRINGFIELD – Registration is open for summer and fall classes at Springfield Technical Community College, a flexible and affordable opportunity for students enrolled at STCC or another college or university.

STCC offers morning and evening on campus classes as well as online instruction. The courses include general education classes that are guaranteed to transfer to the University of Massachusetts, Westfield State University and other institutions and offer a cost savings. Electives also are available.

Summer sessions are divided into three blocks for students' convenience:

- Summer Session 1: June 7-July 9
- Summer Session 1E (extended): June 7-Aug. 12
- Summer Session 2: July 12-Aug. 12

"Summer session offers a chance for any student to catch up or get ahead," said Richard Greco, dean of the School of Liberal

Arts and Professional Studies. "Summer classes are available not just for STCC students. We also welcome students from other colleges and universities who find that taking a class at STCC is a great experience and a fraction of the cost of a class at their own school."

General education classes available for summer include English, history, math, among other subjects. Federal financial aid is available for students who qualify. Additionally, students who receive a federal Pell Grant often qualify for additional Pell funding during the summer.

Because the Pell grant money does not need to be paid back, students who qualify can effectively take the courses for free. Students should contact Student Financial Services to discuss if they qualify. Email [sfs@stcc.edu](mailto:sfs@stcc.edu) or call 413-755-4214 and leave a voicemail.

For more information, including how to register, visit [stcc.edu/summer](http://stcc.edu/summer).

Registration for fall classes also is open at STCC, which was ranked as the fourth best community college in the United States by Academic Influence, a college-ranking system.

STCC offers a variety of instructional methods allowing students to choose the course delivery option that best suits their needs, from on campus to online or hybrid.

The college provides a pathway to certificates and associate degrees as well as transfer opportunities to four-year colleges and universities.

"Some students have decided to start their college career at STCC instead of a four-year institution when they consider the cost," Greco said. "STCC is the most affordable college in Springfield and is a fraction of the cost of a private college."

To apply for fall, visit [stcc.edu/apply](http://stcc.edu/apply). For questions, call Admissions at 413-755-3333.

### RESIGNATION from page 1

Greenery are both looking to be added to the agenda for next week. Selectman H. Robert Ruggles said he would prefer more time to go over the CHAs. The aboard agreed to review both CHAs by Thursday of this week before submitting them to town counsel.

Comerford said another possible marijuana establishment may be looking to start up in Hardwick. He said a representative from a group in Boston will be joining the Planning Board meeting on May 11. Comerford said the group is from a neighborhood that was unfairly impacted by former marijuana laws, so they have "top priority," on the state list.

The meeting was recessed in order to join the Barre Board of Selectmen meeting for 7:15 p.m. to discuss emergency medical services.

## Meeting with Barre BOS

Due to the Barre selectmen being in executive session, Hardwick's BOS joined their meeting at 8:10 p.m. to discuss emergency medical services. Quink said she emailed Barre Town Administrator Jessica Sizer with the financial information related to ambulance calls from Ware. She said from July 2019 to June 2020, they had \$95,678 in payments for ambulance calls, making the average trip cost \$471.

Barre BOS Chairman Greg O'Sullivan asked if this figure represented the entire town of Hardwick, or just the area Barre would possibly be covering. Quink said this number was for the entire town. Barre Fire Chief Robert Rogowski said he expected Barre to cover between 75 to 100 calls on their side of Hardwick, or about a third of the calls.

Hardwick selectmen are look-

ing to split EMS coverage with either Ware and Barre, which both offer ALS, or Barre and West Brookfield Rescue Squad, which is currently BLS only. Barre BOS Clerk Maureen Marshall asked the Hardwick board how comfortable their residents would feel if the town was divided with one portion receiving ALS coverage and the other BLS coverage. Quink said before their agreement with Ware, their own ambulance was BLS only, so residents were already used to that.

O'Sullivan asked Rogowski if they would need a third ambulance to cover part of Hardwick. Rogowski said they are already covering a lot of those calls now and would not need another ambulance. Both O'Sullivan and Marshall asked how the poor conditions of some of Hardwick's roads would affect the wear and tear on Barre's ambulances. Rogowski said they cover calls to those areas of Hardwick now to assist Ware, and Barre also has roads in need of work.

Rogowski said he has discussed applying for a grant to secure a rapid response vehicle with Hardwick Fire Chief Raymond Walker, Ware Fire Chief Chris Gagnon and West Brookfield Rescue Squad President Dan McCall. Having a rapid response vehicle could provide faster response to remote areas of towns.

Rogowski said he felt sharing coverage of Hardwick with Ware would be the most benefit to the residents. He suggested looking at Barre's agreement with New Braintree and drafting something similar for Hardwick. Barre receives a \$15,000 assessment from New Braintree, in addition to invoicing for ambulance transports. The assessment fee offsets assists, refusals, and non-transports.

O'Sullivan, Marshall and Barre BOS Vice Chairman Dylan Clark agreed that some type of

"oversight" committee should be formed to investigate this further and come up with a cohesive agreement that benefits both towns. Clark said he wants to see a clear proposal that anyone can understand and stressed that "these are vital services and a lot of money." Quink said they had an oversight committee for Hardwick and Ware, and it helped in working through issues and concerns.

Quink said being able to pay both Barre and Ware's assessments would be a "heavy lift" for Hardwick and asked Rogowski if he was willing to work with WBRS. Rogowski said he and Sizer have discussed this and they both had reservations about working with WBRS. Sizer said they worry that WBRS is "over-promising" their services. Quink said she just wanted to understand Barre's position on WBRS and acknowledged that Barre already works "really well" with Ware.

Rogowski said it costs Barre \$75,000 a year to have an ambulance and with Hardwick's assessment, they would add approximately \$57,000 to their budget, reducing the financial burden on Barre.

O'Sullivan said he would like this agreement drafted prior to town meeting and reviewed by the town attorney. The Barre BOS made a motion to draft a preliminary document to approve at their next meeting in two weeks. Kemp requested an email of the draft agreement be sent to Quink to present at Hardwick's joint meeting with their Finance Committee next Monday, in order to help plan their budget.

Rogowski said one thing they could look forward to with the potential agreement, is the opportunity to apply for regionalized grants to help get an ambulance back in Hardwick. "We have to start at the small level first," he said.

## Mildred B. Donnelly

WEST BROOKFIELD – Mildred B. "Millie" (Barrett) Donnelly, 83, of West Brookfield, died peacefully on Monday, April 19, 2021, at Quaboag Rehabilitation and Skilled Care Center, with her loved ones by her side.

She leaves her daughter, Lauri Williams, and her husband, Michael, of Brookfield; her six grandchildren, Sara, Eric, Thomas, Elizabeth, Pamela and Melissa; eight great-grandchildren as well as nieces, nephews and friends. She was predeceased by her son, Michael, her daughter, Lisa, and her siblings, Nelson Barrett, Roberta Lavallee and Dawn Desy. Millie was born in North Brookfield, daughter of the late Nelson and Mildred (Wade) Barrett.

Millie believed in hard work and doing the job right. Anyone who ever met her at the Salem Cross Inn during the 40 plus years she worked there as a waitress, was instantly treated to her excellence.

After retiring, Millie found great joy in reading and watching the hummingbirds that gathered outside her window. Once she joined Facebook in 2018, she spent many happy hours enjoying the "antics" of those she loved and cared about. She also looked forward to her



### Death notices

**Donnelly, Mildred B.**  
Died: April 19, 2021  
Funeral Mass May 22, 10 a.m.  
St. Joseph's Church  
North Brookfield

**Maznick, Gabriel Lexton**  
Died: April 21, 2021

**Mathieu, Normand**  
Died: May 3, 2021  
Services are Private

weekly lunch date with "the girls" that often lasted all afternoon. It is rumored they were always the loudest table in the restaurant; their laughter being heard throughout. She will be missed by all those who knew her.

The family would like to express their gratitude to the staff at Quaboag Rehabilitation and Skilled Care Center for all the acts of kindness shown during Millie's stay. A special thanks is given to the staff of 3A who cared for her during these last few months.

A funeral Mass for Millie will be held in St. Joseph's Church in North Brookfield on Saturday, May 22, at 10 a.m., and everyone is asked to go directly to church. Burial will follow in St. Joseph's Cemetery. Social distancing guidelines must be followed and masks must be worn while in the church and at the cemetery. A celebration of her life will be at Salem Cross Inn in West Brookfield to be held after.

An online guest book is available at [varnumfuneralhome.com](http://varnumfuneralhome.com).

## Gabriel Lexton Maznick

LAUREL, MARYLAND – Gabriel Lexton Maznick, known to friends as "Gabe," of Laurel, Maryland, passed away on April 21, 2021, at the age of 74 years.

Born in Holden, Massachusetts, in 1946 to Gabriel and Marion Maznick, Gabe spent his childhood living in Hubbardston. After serving in the United States Army, during which he served in the Korean War, Gabe attended the University of Massachusetts and graduated with a bachelor's of arts degree in history. Upon graduation, Gabe continued to serve the country in the Department of Defense for over 30 years.

As a double lung transplant recipient, Gabe continued to



serve the community as a volunteer assisting and mentoring organ transplant recipients as well as those awaiting transplants. He had a lifelong love of woodworking and was a member of the Howard County Woodworkers Guild. Throughout his life, Gabe loved traveling, crazy hats, making people smile and great food. As a military veteran and history major, one of Gabe's great passions was military history, especially World War II.

Gabe is survived by his best friend and partner of 30 years, Kelly Ann Abbott. He was a loving father of two daughters, Shelly-Anne Kelly and Ginna Lynne Rodriguez; five grandchildren, Sarah Patrick, Alexander Chin, Rachel Kelly,

Carlos Rodriguez, Blake Rodriguez and his former wife, Sharyn Bell. As a longtime partner to Kelly Abbott, Gabe is lovingly remembered as step-dad by Shannon Murphy and Brandi Lauer, and a grandfather to their children, Brittany Gaughan, Collin Mutton, and Cole and Lilli Murphy. He is survived by one brother, Dale Maznick, his wife, Linda, and their children Jason, Simon and Nicole.

As a double lung transplant recipient in lieu of flowers, memorial donations may be made to the Living Legacy Foundation online via <https://www.thellf.org/get-involved/make-a-contribution/> or by mail via: The Living Legacy Foundation, Attn: Ann Bromery, 1730 Twin Spring Road Suite 200, Baltimore, MD 21227.

To send flowers to the family or plant a tree in memory of Gabriel L. Maznick, please visit our floral store.

## Normand Theodore Mathieu

WEST BROOKFIELD – Sergeant. Normand was employed for 30 years (1962-1992) for Warren Pumps as a sales engineer.

On Nov. 22, 1956, in St. Joseph Church in New Bedford, he entered into holy matrimony with Therese Cormier. Normand and Therese were married for 60 years, before Therese passed away on March 27, 2017. Normand was a longtime resident of Ware, prior to moving to West Brookfield in August of 2020. While a resident of Ware, Normand was a communicant of All Saints Church, and was currently a communicant of Our Lady of the Sacred Heart in West Brookfield.



Normand is survived by his loving daughter, Christine Widen, and son-in-law, Daniel, and loving grandchildren, Ryan Horner, and Benjamin and Abigail Widen. Normand was predeceased by his brothers, Roger A. Mathieu, Leo H. Mathieu and Raymond A. Mathieu.

All services for Normand will be private. In lieu of floral offerings, please make donations to the National Shrine of St. Jude, Claretian Missionaries, 205 West Monroe St., P.O. Box 8531, Chicago, IL 60680.

Cebula Funeral Home, of Ware, was entrusted with the final arrangements. For more information and an online guest book, please visit [www.cebulafuneralhome.com](http://www.cebulafuneralhome.com).

### Memorial Service in memory of SHEILA A. MACHNIK



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A Memorial Funeral Mass will be offered on Wednesday, May 12, 2021 at 11 AM in St. Mary's Church, 57 South Street, Ware. Sheila's family will receive friends from 10 AM until the time of the Mass, in St. Mary's Church. Inurnment with Prayers of Committal will follow in St. Mary's Cemetery in Ware.



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DENTIST: Amandeep Kaur, D.D.S., PC d/b/a Palmer Dental - Jobs loc in Palmer, MA. Diag & treat diseases, injuries, & malformations of teeth & gums. Exam patients to deter nature of condition, utilizing x-rays, dental instr's, & other diagnostic procedures. Clean, fill, extract, & replace teeth using rotary & hand instruments, dental appliances, meds, & surgical implements. Prov preventive dental svcs to patients such as app of fluoride & sealants to teeth & edu in oral & dental hygiene. Regs DMD or DDS in Dentistry (Science). Current State Licenseure, Current DEA Cert, & MA State Controlled Substance Cert. Mail res w/ cvr ltr to **Amandeep Kaur, D.D.S., PC d/b/a Palmer Dental, 1045 Thorndike St, Palmer, MA 01069**; Job 18AMK01; EOE

FARM HELP NEEDED. Permanent Part-Time Position. This person should have some experience in property maintenance. All farm related jobs. Hours are flexible. Pay starts at \$15/hr with regular increases. Interested persons e-mail **sms@BayStateRescue.org** or text **774-633-0149**

HELP WANTED

FULL JOB DESCRIPTION FOR A MECHANIC DRIVER/LABORER Do you enjoy working outdoors? Would you like to be part of a thriving, friendly and dedicated team? The Town of Warren Highway Department is seeking a qualified candidate for the full-time position of Mechanic Driver/Laborer. The Town of Warren is committed to equal opportunity, encourages diversity and inclusion, and believes that a positive culture of inclusion in Town governance contributes to the Town's overall qualities as a great place to live and work. We welcome all to apply.  
Salary: Starting at \$19.38  
Hours: M-THUR, 6:00 am – 4:00 pm, from April 1 – Nov 30; M-F 6:00 am – 2:00 pm Dec 1 – March 31.

Overtime is required for: Answer's emergency calls and responds to emergencies during and after normal business hours. Including during Snow and Ice storms.

Drug & Alcohol screening is a condition of employment  
Essential: The Driver/Mechanic/Laborer provides Works primarily in the town maintenance garage. Some work will be outdoors on roads and in town vehicles.  
Qualifications: High school equivalency; Highway maintenance operation experience preferred.  
Required Licensing/Certification: Possession of a valid 2B Hoisting License and MA Class B CDL.  
Benefits: Dental insurance; Disability insurance; Employee assistance program; Health insurance; Life insurance; Paid time off; Retirement plan  
Internal/External Applicants: To be considered for this vacancy, please submit the required Town of Warren Application for Employment, and resume no later than 4:00 pm, Thursday May 6, 2021. Applications will be accepted via email, drop off to: Town of Warren Highway Department 87 Brimfield Rd, Warren, 01063 or mailed to: Warren Highway Department PO Box 628, Warren, MA 01063. For information on accessing the Town's employment application and resume (including an email address for sending electronically), please visit the Town of Warren website, Volunteer, and employment. The application is attached to the job posting at Volunteer and Employment Opportunities | Warren, MA (warren-ma.gov)

REAL ESTATE

FOR RENT

  
EQUAL HOUSING OPPORTUNITY

ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, or religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

HILLSIDE VILLAGE APARTMENTS

APPLICATIONS NOW BEING ACCEPTED FOR ONE, TWO AND THREE BEDROOM APARTMENTS

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\*Cats Welcome  
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\*24 Hour Maintenance  
For Information call **(413)967-7755 EHO**

17 Convent Hill, Ware, MA



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SECURE STORAGE Winter Special. Rent a 5'x10' 2 months payment up front, 3rd month free. Call Mary **(413)531-3722**

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WARM WEATHER IS Year Round In Aruba. The water is safe, and the dining is fantastic. Walk out to the beach. 3-Bedroom weeks available. Sleeps 8. Email: carolaction@aol.com for more information.

LAND WANTED

WANTED!! 40+ ACRES OF LAND. Looking to purchase large acreage lot for family farm. Call Matt at **(413) 667-7165**

FOR RENT

  
All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.  
This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number of the hearing impaired is 1-800-927-9275.

  
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Quabbin Village Hills  
Circulation: 50,500  
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Circulation: 59,000  
Hilltowns  
Circulation: 9,800

Buy the Quabbin Village Hills or the Suburban Residential ZONE for \$26.00 for 20 words plus 50¢ for each additional word.  
Add \$10 for a second Zone or add \$15 to run in ALL THREE ZONES.

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Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
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Amount of charge: \_\_\_\_\_ Date: \_\_\_\_\_

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# public notices

### WARREN PLANNING BOARD PUBLIC HEARING NOTICE

Pursuant to MGL, Chapter 40A, Notice is hereby given that the Warren Planning Board acting as the Special Permit Granting Authority, will hold a Public Hearing on **Monday, May 24, 2021 at 7:15 PM** on the application of Donna Skoczylas. The Hearing will be held via digital platform Zoom Meeting.

The Applicant, Donna Skoczylas is requesting a Special Permit No. 300 and Site Plan Approval No. 66 under Section 1.5 of the zoning by-laws to expand/alter a non-conforming structure in the village district located at 2282 Main Street (Map 20, Lot 38).

A complete copy of the application may be inspected in the Office of the Planning Board or the Town Clerk during normal business hours. Anyone interested or wishing to be heard on the application should appear at the time and place designated. All interested parties are invited to attend via Zoom.

https://join.zoom.us Meeting ID: 869 2706 4530

Passcode: 784772  
Phone # 646-558-8656  
Warren Planning Board  
Derick R. Veliz, Chairman  
05/06, 05/13/2021

### Town of Hardwick Conservation Commission

Notice is hereby given in accordance with the Wetlands Protection Act that a Public Meeting will be held for a **Request for Determination of Applicability on Wednesday, May 19, 2021 at 6:30 PM via Zoom. The Zoom link for this meeting will be posted on the Town Website and with the Agenda at mytowngovernment.org.** All interested parties are urged to attend.

Applicant: Carolyn Blum, Budding Botanicals  
Description of Work: Marijuana cultivation establishment, to include clearing of trees and vegetation including invasive species, on proposed building site.

Location: 664 North Road

Town: **Hardwick**

Interested parties may also view this Legal Notice at <http://masspublicnotices.org>.  
05/06/2021

### Agenda at mytowngovernment.org.

Applicant: DPC Engineering, LLC

Description of Work: Utility trenching; gravity sewer installation; road resurfacing with loam and seed placement of disturbed areas; and site cleanup.

Location: Hardwick Road at Town Common

Town: **Hardwick**

Interested parties may also view this Legal Notice at <http://masspublicnotices.org>.  
05/06/2021

### LEGAL AD

Town of Hardwick Cemetery Commissioners are accepting bids from Contractors for the mowing of Cemeteries and Common Area for FY/2022 beginning July 1, 2021 to June 30, 2022. The Scope of Services is available by contacting Paula Roberts – 413-813-8809, or e-mail [cemetery.hardwick@gmail.com](mailto:cemetery.hardwick@gmail.com). Bids will be accepted until Monday, **May 17, 2021 by 2:00 PM** and shall be marked **“Moving of Cemeteries and Common Area Bid”**. Bids may be mailed to Cemetery Commission, PO Box 575, Gilbertville, MA 01031 or hand delivered to Hardwick Municipal Building, 307 Main St., Gilbertville, MA 01031.  
05/06, 05/13/2021

### TOWN OF WARREN MASSACHUSETTS

The BOS seek qualified bids for the purchase of the road materials and services for the Town’s Highway Department; for the purchase of road minerals & services; bituminous concrete in place, Ca2FDR, crack sealing, 3/4” washed stone, 1 1/2” washed stone, 2”-3” trap rock-hard pack, crushed gravel.

Specifications may be obtained in the Town Accountant’s Office in the Town Hall, 48 High Street or at the highway garage starting May 5, 2021.

Sealed bids are due in the Towns Accountant office on **May 19, 2021 by 1 p.m.**, where they will be publicly opened and read. The BOS reserves the right to reject all bids not in the best interest of the Town of Warren.  
05/06/2021

### PUBLIC HEARING NOTICE

The Board of Selectmen will conduct a Public Hearing on **Tuesday, May 18, 2021 at 7:10 p.m.**, in the Selectmen’s Meeting Room, 126 Main Street, Ware, MA, to hear an **Application for Change of Manager, Change of Officers/Directors, Stock or Ownership Interest, License #00016-PK-1326, Bruso Liquor Mart, Inc. d/b/a Bruso’s Liquor Mart, 144 Main Street, Ware, MA.** Copies

of the petition are available at the office of the Town Manager, 126 Main Street, Ware, MA. **This notice shall also be posted on the Massachusetts Newspaper Publishers Association’s (MNPA) website (<http://masspublicnotices.org>).**

All interested parties are invited to attend.

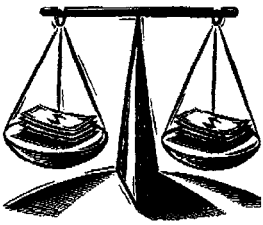
Keith J. Kruckas

Chairman

Board of Selectmen

05/06/2021

**Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.**



## Baystate hospitals announces changes in visitor policy

SPRINGFIELD – As more people in the community COVID-19 vaccinations, Baystate Health is updating its visitor policy guidelines for each tier and effective May 3, will open to visitation in the inpatient units and Emergency Departments at all Baystate hospitals.

“Visitors, loved ones and others, are known to have significant benefits to the heal-

ing and recovery processes of hospitalized patients. We have been longing for the day when we could safely re-introduce visitors to the Baystate Health hospital environment and have now reached a point where this is possible,” said Dr. Andrew W. Arstenstein, chief physician executive and chief academic officer, Baystate Health.

All Baystate Hospitals are now in the yellow tier, including

Baystate Medical Center and Baystate Children’s Hospital in Springfield, Baystate Franklin Medical Center in Greenfield, Baystate Noble Hospital in Westfield, and Baystate Wing Hospital in Palmer, allowing patients one visitor at a time for those not in the ICU, two visitors at a time for those in ICU and two parents/guardians for pediatric patients. Additionally, visiting hours have been extend-

ed from noon to 8 p.m.

All visitors must adhere to Baystate Health infection control practices that are in effect throughout the health system: wearing facemasks, frequent handwashing, maintain physical/social distance of six feet as possible, and no shared food sources.

To stay up to date with these policies, visit [baystatehealth.org/patients/visiting](http://baystatehealth.org/patients/visiting).

### STROKE from page5

consistently too high damaging your arteries and organs and over time increasing your likelihood of stroke, noted Panjwani.

Foods high in salt (sodium) can raise your blood pressure. Most of the sodium Americans eat comes from packaged, processed, store-bought and restaurant foods.

“To decrease intake of salt, read food labels of processed foods or snacks and select lower sodium varieties. Be mindful that regular sauces, such as soy, barbecue, teriyaki, and ketchup are very high in sodium. Experiment with sodium-free herbs and spices rather than using salt or salt-blends and other high sodium seasonings. When dining out, request that salt not be added to your foods and request that any dressings/sauces be served on the side,” said Martin.

“Once again, your food choices and overeating leading to obesity can have a big impact on your blood pressure,” she added.

Obesity is a disease that affects 34% of adults age 20 and over. Excess body fat can lead to inflammation, which results in poor blood flow and potential blockages – two major causes of stroke.

“Usually consuming a generally healthy diet, rich in lean protein choices, whole grains, vegetables, fruits, and low-fat dairy products helps to provide our bodies the nutrients that are needed. However, when we consume excessive portions of any food, especially calorie-dense foods such as fried foods, sweetened beverages, desserts, candy, and baked goods, weight gain is likely,” said Martin.

To prevent obesity, the Baystate dietitian noted mindful eating is important as well as engaging in regular physical activity.

“Try to find exercises that you enjoy doing to increase the likelihood that you will continue this healthy behavior. Many people report lack of time as a reason not to exercise, however, you can incorporate simple ways to increase activity such as taking

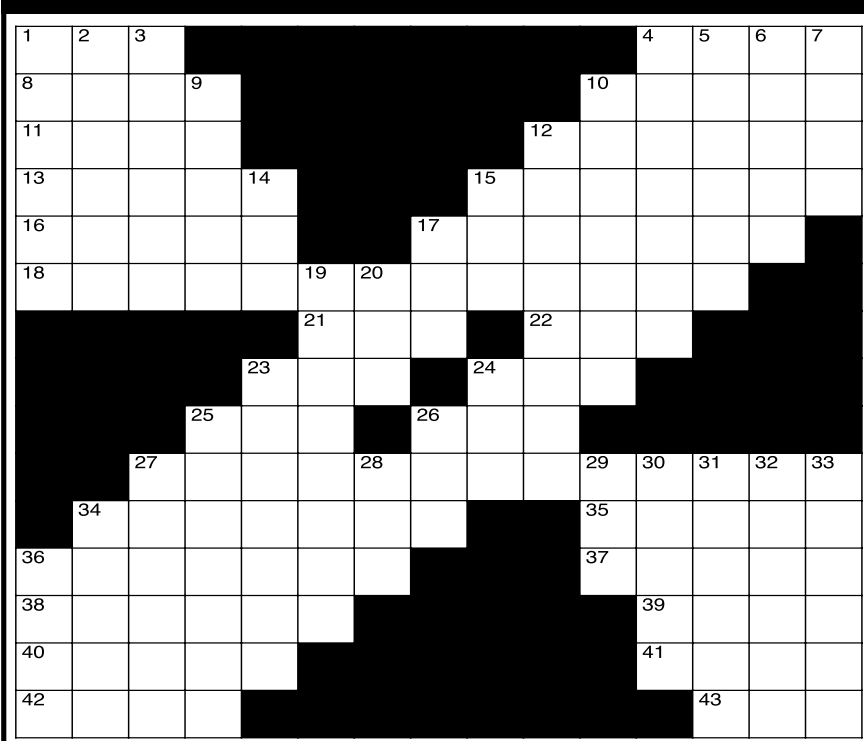
the stairs instead of the elevator, parking further away, or walking or riding a bicycle to the store. Also, be aware of the amount of time that you are sitting daily and make an effort to move at least a few minutes each hour, even when you are unable to get in a full workout,” said Martin.

Smoking and drinking too much alcohol can also raise your blood pressure putting you at

greater risk for a stroke.

“If you smoke, stop. There are many ways that we can help you with this goal. And when drinking, it should be in moderation as chronic alcoholism and binge drinking can increase the risk of both ischemic and hemorrhagic stroke,” said Panjwani.

For more information on stroke, visit [baystatehealth.org/stroke](http://baystatehealth.org/stroke).



### CLUES ACROSS

1. Engine additive
4. A hearty laugh
8. Restrain
10. Dried coconut kernels
11. Nefarious
12. Elderly
13. Central part of a church building
15. Throw into confusion
16. Intestinal
17. Qualities of being religious
18. Live up to a standard
21. Seize
22. Go quickly
23. Automated teller machine
24. Bowling necessity
25. One point east

of due south

26. Japanese honorific
27. A way to induce sleep
34. Makes cash register rolls
35. A city in S Louisiana
36. Make more cheerful
37. Manicurist
38. Consents
39. Network of nerves
40. Mocking smile
41. It covers the body
42. Partner to pans
43. Perform in a play

### CLUES DOWN

1. Beautiful

2. Polynesian island country
3. Shrub of the olive family
4. Self-governing Netherlands territory
5. Shared one’s view
6. Tailless amphibians
7. Charge passengers must pay
9. Sound sheep make
10. Known for sure
12. Filled with unexpressed anger
14. Student (abbr.)
15. Criticize
17. Gathering place
19. Informal

- alliances
20. One’s mother (British)
23. Landholder
24. Peter’s last name
25. Parties
26. Title of respect
27. Red wine
28. Pearl Jam’s debut
29. Shaft horsepower (abbr.)
30. Frosts
31. Cry of joy
32. Induces vomiting
33. Mother or father
34. Dai \_ : Musical navigation marker
36. Door fastener part

## The Library Loft

Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

*We are celebrating our 20th year at the Schoolhouse Commons.*  
Thanks to our wonderful “friends,” volunteers and patrons.

### HOURS:

Tues. 10am - 4pm • Wed. 10am - 4pm  
Thurs. 10am - 4pm • Fri. 10am - 4pm

### HOPE TO SEE YOU THERE

Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours.  
Please, no magazines or Reader’s Digest Condensed Books.  
We accept books only in good, clean condition.

For more information call 283-3330 ext. 100



Proceeds To Benefit the Palmer Public Library

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Grandparents  
& Friends  
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**2021**  
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All public notices to be published in the *Ware River News* should be sent directly to [notices@turley.com](mailto:notices@turley.com). Please indicate the newspapers and publication date(s) for the notice(s) in the subject line of your email. For questions regarding coverage area, procedures or cost, please call 413-283-8393.

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Thursday-Saturday 7AM-8:30PM

**Memorial Day Special Edition**  
In our May 27th edition, we will be honoring those fallen men and women who served bravely on behalf of our Nation. If your business, organization or even individually, I would like to advertise a message of gratitude or appreciation, please contact Dan Flynn, dflynn@turley.com 413-297-5886 or Tim Mara, tmara@turley.com 978-355-2254.

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|   |   |   |   |   |   |   |   |   | P | O | T | S |   |   |   |   |   | A | C | T |   |